Episode 2 - Solving Join Pain Series Transcript

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Introduction to Joint Pain Solutions

If you have pain, it can be solved. If you are worried about getting joint pain or if you've had it in the past and you want to avoid getting it again, I have a solution for you.

Regenerative medicine. Welcome to the Natural Facts Podcast. I'm your host, Dr. David Wickenheiser. I'm a naturopathic physician with over 30 years of clinical experience.

I have a focus on natural and regenerative medicine. Through this podcast, I will be your guide, helping you to make sense of conflicting healthcare choices.

Podcast Welcome and Host Background

Welcome to The Natural Facts. I'm Dr. David Wickenheiser, a naturopathic physician and the host of the Natural Facts Podcast. This is part two in my series on solving joint pain, the inevitable versus the possible.

You or someone you know may be suffering with joint pain. Painful leaves, backs, hips, shoulders are common. In your lifetime, it's a virtual certainty that you will experience joint pain at some point.

Some people experience joint pain for months or even years of their lives.

Part Two: Solving Joint Pain

However, joint pain is not a certainty. If you have pain, it can be solved. If you are worried about getting joint pain or if you've had it in the past and you want to avoid getting it again, I have a solution for you.

Regenerative medicine. I've been treating patients, friends and family members with natural and regenerative medicine since 1995. In this video series, I will share information on regenerative medicine treatments for solving joint pain that I found to work the best.

I have been both a doctor and a patient. I'm a past member of the American Association of Orthopedic Medicine, AAOM. Through the AAOM and other similar organizations, I have attended conferences and courses on solving joint pain with regenerative medical treatments.

Why Joint Pain Is Not Inevitable

An important bonus that comes from attending regenerative medical courses and conferences is volunteering as a treatment demonstration model. I've done this many times.

I've had my own joints treated by the top regenerative medical doctors. These treatments have provided me with first-hand experience on what to expect.

I know these methods work not just from my perspective as a doctor, what I've seen with patients, but from my experience as a patient, what I've seen with my own body.

The shortcomings of interrupted pain. Joint pain is commonly treated at traditional pain clinics in certain limited ways.

Regenerative Medicine as the Answer

The primary treatment goal of these clinics is to interrupt your pain, interrupt the symptom pain, not to solve the cause of the pain. In the short term, this may be useful.

However, it can also be dangerous because pain can help us to avoid further injury. Interrupting nerve pain signals may provide a false reassurance of long-term health.

Nerve pain interruption can be accomplished with drugs, temporary acting neurotoxins such as Botox, or even permanently by cutting nerves themselves. Some doctors even recommend that you become mentally tough enough to endure your pain.

Clinical Experience and Patient Perspective

Drugs, surgery and mental processing all have a place in medical care. But some of these treatments are so drastic that you will want to consider all your other treatment options before starting treatment.

The history of regenerative medicine. Regenerative medicine has been around for decades. Doctors George Hackett, Earl Getney, and David Shuman were performing and teaching regenerative dry treatments in the United States in the mid-20th century.

Dr. Hackett published his textbook, Ligament and Tendon Relaxation Treated by Prolotherapy in 1956.

Limits of Traditional Pain Treatment

Prolotherapy is a group of medical treatments that proliferate, regrow, and regenerate the ligaments and tendons of injured joints. The regenerative medical treatments for solving joint pain that I have had the greatest success with are platelet-rich plasma PRP prolotherapy, prolozone, and ozone microdosing.

These and many other regenerative medical treatments will be discussed in detail later in this podcast series. For more information on regenerative medical treatments, visit my websites drwik.com and thenaturalfacts.com.

History of Regenerative Medicine

Stay tuned for episode three. I hope you enjoyed this episode of The Natural Facts Podcast. To get access to my future episodes as soon as they're available, subscribe wherever you get your podcasts.

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Recommended Treatments and Closing

This is Dr. David Weckenheiser, naturopathic physician, guiding you to better health with The Natural Facts.