Healing Knee and Lower Back Injuries: The Power of Prolozone Therapy Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Prolozone Therapy

Yeah. Prozone is ozone, which is activated oxygen. You can show her the machine there if you want to show the match. There's an O2 tank and a longevity machine.

This different machines out there. I've been using that one for a long time. Other companies are good as well, but that makes ozone that machine right there, right?

So in fact, we'll make that up. here right now just to show you. I usually use, different strengths you can use but roughly 28 to 30 something gamma is what I'll typically use for ozone injections.

And so I've been referring, I had about 10 injections we've done in my low back for my discs and so the whole point is we're trying to stimulate the body's own healing mechanism on like a steroid injection.

Yep. Prolo means to proliferate and you're actually making cartilage. You're generating an inflammatory response. That's how we heal when we injure ourself.

It hurts and all that stuff, but you're inflamed and you are healing through that inflammatory process and ozone stimulates that Hey, it's Dr. Rymka and here I am getting a prolozone injection with Dr Frank Matalon at his office.

I use ozone to help repair a back injury so he ends up doing four injections and he's gonna explain it a little bit and we end up talking about carnivore so I hope you enjoy and yes it does hurt a bit.

Are you looking at this or the whole thing?

How Ozone Injections Work

Whole thing. The red color is B12 that's why the solution looks red. for those wondering. Procane is in here, arnica, biocene minerals, and B12. How's it doing with that?

Okay. Okay so far. It's warm in the ozone. Ozone. Yeah. Both. Nice and smooth. There's the pressure. Gonna go slow. All right. The ozone gas, I'll just slowly pulse it in.

Distraction technique here, see if that helps. Just let me know when you start feeling the pressure. It's starting. Already? Because I've hardly put much in there.

You're just super sensitive. So tell me about this carnivore diet thing. Oh boy. What are the parameters of that? Just all meat? Any animal? Anything?

So any flesh food? anything. You know, there's a lot to be said for going nose to tail. Oregon meats and stuff. Felt that one. Yeah. It's okay. I prefer people absolutely add that in, even if they have to use a pill for them, you know, because they're being wussies.

So you can do it very short term to deal with, it's the ultimate elimination diet, unless they had the tick-borne meat allergy, without all that rotation diet crap and everything.

SIBO, and so as you're treating stuff, you just get rid of every plant toxin and every allergic autoimmune trigger. So some people, we just do it four weeks.

Some people we go for three months, six months. And it's strictly meat. No… So everybody's a little bit different. Like, technically eggs and cheese would be on their elax kind of carnivore.

Yeah. But that's cheese. Because it is derived from Yeah. And I'd prefer they have an A2 raw, you know, casein. Sure. But, everybody's different. Like, again, a Hashimoto's patient, I won't allow dairy at all.

You know what I mean? And that steam bar, and I would say no chicken, no eggs. Just to carve my bases out a little bit. Right here, Dr. Madeline asks me about if everybody can afford carnivore, And we start having a discussion about expense.

Everyone can't afford that. It's, right. It saves so much money. Me eating carnivore, I don't know if anybody would say it's more expensive, it is not.

Because that other process. You're not eating the other stuff. I know. So it, oh god. Right there that oh God was because it really hurt going in on the nerve.

That's my carbon footprint only. that's all you're eating. i mean it it' really cost effective. I mean, I save money, Frank, and I eat filet mignon most of the time.

Like, that's my preferred. It can be hungry, yeah. Yeah. Filet Mignon with some chicken wings? Shit. That's the best. To try to get the knee cap to fall back into where it's supposed to be.

Is that painful, doing this? It's a little painful. I don't have any crepitus or grinding. All right. Just let it hang. Right in there.

Carnivore Diet Discussion

That's right. How much of a space. This is medial, this is lateral. So either side. I feel it's narrow but I can get in there. It's a super skinny needle.

Have you had steroid shots in any of them? Oh yeah. Probably multiple, right? I've had this like Ristracone injection. Oh you did all that stuff? Done all of it.

Alright. When was the last time you have a steroids shot? Probably four or five years ago. I'm sorry. So Steph has told you about Prolizone a little bit.

Check that in the YouTube videos. We've done all that stuff. Average person eats five or six. That's average. And some people do well even with one, but an average is five to six, even if I've had Prozone.

Mine was six from my back and a few in my knee. But in many cases more chronic, more problems. probably requires more, but start with prolozone. There's always stem cells.

They do those as well. We can always do that. As well, weekly prolosome shots is what I usually recommend a week or two apart at the most, try to do it weekly if you can.

I know your schedule is a bit tight, do the best you. Can put some arnica in there as. Well, some propane B12 mineral blend. So Frank, explain what you just said.

is a blend of… Am I filming that? I'm recording, yeah. Hi, mom. Yeah. Prozone is, it's ozone, which is activated oxygen. You can show her the machine there if you want to show them that.

There's an O2 tank and a longevity machine. This different machines out there. I've been using that one for a long time. Other companies are good as well, but that makes ozone that machine right there, right?

So in fact, we'll make that up. here right now just to show you. I usually use, different strengths you can use but roughly 28 to 30 something gamma is what I'll typically use for ozone injections.

There's a blue syringe. And so I've been referring, I had about, 10 injections we've done in my low back for my

discs. So the whole point is we're trying to stimulate the body's own healing mechanism on like a steroid injection.

Yep. Prolo means to proliferate and you're actually making cartilage. You're generating an inflammatory response. That's how we heal when we injure ourselves.

It hurts and all that stuff, but you inflame that you are healing. through that inflammatory process, and ozone stimulates that. Inflammatory response.

So it's gas. It looks clear, but that's about 98% oxygen and 2% or 3% ozone. You've got that there. Let me turn that off. Let me give you a little test flash through this up here.

How do you say it for 10? Kelly. Kelly, with the Irish spelling is open. That's correct. All right. So Kelly's been having some knee problems. She had multiple injuries and multiple surgeries a long time ago.

And so we're going to go a bit more natural route to promote her knee regenerating tissue. This syringe will be able to inject the solutions I use, which is typically procaine, some bi-ocean minerals, and B12, an arnica, my usual mix is what I put in there.

And procain is a drug? Yep, anesthetic, improves membrane permeability, membrane potentiation. So we'll mix all that in here.

Preparing the Knee Injection

Here's some arlica. This is your formal filming, guys. I didn't know I was being filmed. It's okay, we're gonna edit. We'll see what we'll do with it.

But a lot of people don't what this is. They've seen me get my blood drawn here and I'm about to get that gas. put into my blood, which you guys have seen me do a video here before.

So this is Dr. Frank Matalone, and this. We did that like a year and a half ago or so, right? Yeah, yeah. People still, people love it. Explains it a lot.

That's the minerals. This needle is not to be injected in her, this just to draw stuff up, so people are probably saying, oh my gosh, that's a huge needle, I don't like that.

It's not for you, it's just a draw up. The juice, I call it. I'm not live, i'm just recording. And so Kelly had some questions, you know, she asked, does it hurt?

And I said, well, I've had it again in my sacrum and for discus. I haven't had my knee done. And go, it's not going to go. Everybody's response is a little different.

The location will matter, but it there's definitely a pressure because The balloon is blowing up. You've had yours at your back, so it's a different experience, but similar.

It's like a balloon sensation filling up in your knee. Really, does it hurt, hurt? If you go too fast with anything in life, I was near a doctor, if you inject anesthetic too quickly, you're expanding tissue rapidly, it hurts.

If it goes slow, not so bad. There we go, there's our juice. That's your skinny little knee, we can barely even see it from where you are. We'll prime it, so there we go.

All right, got my ozone drawn up. Let's get her done, let's see. So this is her right knee. There's the patella. You feel the bottom part of the patella.

And you should slide into a little groove laterally, or you can do it medially. I usually do lateral, but you could do either or. But I'll try to go lateraly.

either just your anatomy or the surgeries or whatever your patella groove has always been gaps a little narrow it feels like that's why my knee is always like fluctuated, pop down, go to the side.

Some people will draw all over people to mark the spot. I usually use the tip of my plastic needle as a nice little target impression, which you're about to see.

Like I said, yours is narrow, but I can stick my thumb in it. It kind of just falls on its own within that. It's narrow, but I think we'll get in there.

That's by your best spot. See how it pushes in? I'll make a little impression. And that's the target. All right. So, not that we need alcohol because ozone kills everything, that'll give it a bit of a swab-a-roo.

ER doc habits, hard to die, right? Yeah, yeah. Some people just like it as well. They feel, oh my gosh, you know, it's killing the germs on the skin. Well, may or may not, but whatever, we'll use it.

So cold spray again, remember, just a little bit, so you don't jump. And you're relaxed, knees hanging, and just let it hang, let them hang. I usually do this just to kind of keep people from moving.

And the knee is one of the more successful joints of Prolozone, don't you think? Yeah, it's probably the most commonly injected joint that I do for Prolazone.

But I've, necks, backs, elbows, feet, ankles, wrists, fingers, you can do it all.

Performing the Prolozone Knee Injection

And then of course there's trigger points. All right. I'm lining up, bevel up. Cold spray. Give you a little tickle scratch. I just kind of let it glide in on its own.

Hopefully I don't get much resistance. Is that hurt? A little bit, not much. You have, like I said, a narrow gap. If I can feel it, if I had to move it slightly, now you see it goes right on in.

Like I say, it's narrow, I could tell, but it is going in just fine. I could force it much harder, but you don't need to. I just go nice and slow, let it do its thing.

You can pull back a little bit. How are you feeling? See, now this, I pulled back that slight bit, you okay? Did you feel much anything? Not really. Oh yeah, that's my technique.

The cold spraying, the scratching. It's flowing in very nicely. Do you feel any pressure? Like, do you like getting bigger? A little bit, yeah. Okay. You might a little, but this is nothing.

This is only five cc's of the solution. And then next, you'll watch me do this. Disconnect, leave the needle in, pull that there, stabilize it that way.

The real magic right here again is the ozone. Just hook that up. Oh, so that was the solution with everything. Got it. Now, okay. I missed that. The real magic is the ozone.

Yes. So this is where you'll feel more of a balloon sensation. Yeah. Because it's more volume, more fluid. And you let me know how you do. If it gets painful, let know.

See, I'm going slow again. Little pulses. There's no resistance whatsoever. This is going in very nicely. The biggest joint in the body is the knee. It can accommodate a whole lot of fluid, whether it's a liquid or gas, that's fluid in physics.

People tear their ACL and they get these big swollen knees, and then they go in and aspirate fluid out. You probably have that done as well, right? You can pull out, this is 60 cc's, the syringe?

It could pull 60 or more ccs. Just goes to show you how much volume a knee can accomodate. Doing okay? Feeling full? A little bit? Barely? Yeah, a little pressure.

Not bad. I'll give you that. Try to go for at least 20 cc's and people will do less. Typically at 20 or more. You're about 30 ccs right now. As long as you're comfortable, I will give a bit more here.

Like I said, it can accommodate a lot. More is not always better. It's going in so easily with no resistance, I'll just give you, probably give it these 40cc's.

We'll be done here in a second. Okay, that's good. Start with that. That little bit of blood will just put pressure. In fact, you can hold it yourself while I clean up my mess.

Number one prolozone for Kelly today on her knee, right knee. That was it. Not bad, huh? Not at all. Yep. All right. Just for the needle folks again, that's the most commonly used needle.

It's a 27 gauge, one and a quarter inch needle, So very skinny, flimsy little needle, right? Steroid shots usually require a bigger needle because it's thicker, this stuff, so you need typically a big needle.

But that's most commonly used right there, a skinny little nothing needle And I gotta say, your technique, you don't feel the needle go in at all. Yeah, most people don.

It's not the issue at al. Move your knee around a little bit. You'll sometimes hear this kind of sloshing around sound of the fluid, right, the solution of a gas in the knee.

You might even hear it a whole day later.

Aftercare and Other Treatment Options

When I had my knee injected five years ago, I even noticed that the following morning I still had that slosh around. Not everyone gets that, but some people do.

Are there any post instructions that are important? Normal activity, don't take any anti-inflammatories. Prozones generating an inflammatory response, you don' want to negate that.

Although I've even seen it work when people have done, when they cheated. So we're not taking any Tylenol, things like that! Just leave it, ice it if you have to.

You know, normal walking, that wouldn't go crazy on exercise or whatever. Typically we'll tell you that for up to two days. People always cheat all the time, they got to do their thing.

Yeah, so you'll be fine. I'm not against natural anti-inflammatories. If you're taking turmeric or curcumin or whatever stuff, fish oils, et cetera, that's fine, it's just the prescriptive or over-the-counter non-steroidals I don't want you to take.

Preferably, we were taught that. But again, some people cheat and still do it and they still get a good response to the prolozone. Over 90% of the people respond really really well to prolazone If you're not bleeding at all, check and see.

We have little band-aids if you need it. If not, some people don't want it, but little circle band aids if they want. Thanks for showing this to us, Dr.

Matalon. And thank you, Kelly, for being a participant. You're a champ. out there with joint issues, pain issues. You know, there's a lot of other options besides just taking pain meds or doing steroids, which really sets you up with a different.

Or surgery. Right, you gotta try other things you guys. And so ProloZone is using oxygen. We have a little bit of blood still. Then you can go all the way to…

There's also stem cells. There are also exosomes. So there is more to do than… Yeah, and I do all that stuff as well. But 90% of people do really, really well with ProlaZones.

before I begin to talk about stem cells. But yeah, we can do all that. Yeah, once at a time. All right.