Introduction to Prolotherapy

making sure that the body is well supported and will rip, proliferate, regrow with prolonged therapy is a important option for active people of all ages.

You don't have to be just an athlete, but anybody who's got joint pain, a sore knee, hip, shoulder, neck anywhere in the body. So if you have a neck problem that you can be pinching nerves because stretched ligaments unbalance the architecture of the neck.

And you can see on people if they've had long term neck problems by the creases in their neck. I've tracked that with ultrasound and you look in the back and you can see where the tears are.

Pretty cool because we can support that. We can support that. Healing it get people to be much better. This is doctor talks. Real talk from real doctors.

Only issues that matter to you most. Hello, I'm doctor David Wickenheiser. I'm an acrobatic physician and the host of the podcast The Natural Facts. In this episode, I want to discuss pro flow Therapy.

How Prolotherapy Supports Joint Regeneration

This is a common, well known therapy amongst top athletes and various trauma sport people and as well as tradesmen and many others who need to regenerate, regain and maintain good health in their joints.

Starts with proliferation. You may have heard the term proliferation is growth. They to talk about proliferation of nuclear weapons. Pretty soon everyone will have a bomb and no one will be safe.

Nuclear proliferation is something that's even currently in the news. But proliferation is far more than just political objectives. Pro low therapy is therapeutic regeneration support of your body and its natural ability to regenerate joint tissue, whether that's ligaments, whether that's tendons.

You can regenerate that tissue, you actually can. It's not just get injured and limp forever. You can, through various techniques, support the regrowth of ligaments and other joint structures and actually get your independence and your life back.

So when people come in, they come into the office and we do an assessment. I'm thinking I often say out loud, but I'm thinking, are they broken or just out of gas?

This is very important because your natural ability to heal is based upon you having enough nutritional support to actually regrow good tissue to regrow damaged torn areas and scar tissue usually comes in because with reduced circulation, because of swelling in the area.

So you've damaged your shoulder and it's very swollen.

Assessment and Ultrasound-Guided Treatment

You won't get full delivery of nutrition assuming the person had good nutrition in the first place. So by feeding that area, by feeding, the ability to have energy to heal is very important.

So parallel therapy is introducing nutrition and stimulation of taking up that nutrition directly into a joint. So where does it start? Well it has to start with a full assessment.

I want to know the history. I want to know what happened when. How many times have you injured that shoulder. How did you enjoy it? And then we do physical exams I want to put my hands on.

I want to feel what it feels like. What's moving where, what's stretched, what's injured. And then from there, it's diagnostic imaging. I love to have X-rays, MRI, if possible, CT scan.

They're useful, but it introduces a lot of radiation to the person. It's not the first choice. From there, I have an ultrasound machine. And this is very important because assessments are often best with movement.

If you've got diagnostic imaging, such as an X-ray or an MRI, it's a photograph. It's a picture in time if you use and when you use ultrasound, you're able to see what happens to the dynamic movement of a joint through a range of motion, especially for shoulders, especially for hips knees, low back, AC joint, neck.

Oh my goodness. Neck is phenomenal to look at what's actually there through movement. The upper back portion of the shoulder. Classical. Very important to have ultrasound to see what's moving where how much scar tissue.

That's the first level. Then we'll do certain treatments that turn on healing in the body. And when we use the ultrasound during a treatment, it's very useful to see where the tip of the needle is.

I don't believe in blind archery. Some patients give me reports that they've been to other doctors that don't use ultrasound for a shoulder or hip, and I'm not going to criticize any other doctor, but I based on my training and my patient experience.

I've been injecting people since 96. I mean, in my experience, imaging is critical, especially real time imaging, because I can tell where the tip of the needle is.

Ozone, Dextrose, and PRP Approaches

I can tell how the tissue looks injured tissue, the fibers, how it's torn. And when you put in medicine, how does it open up? Is it clearly torn? In which case we need to tape more.

I'm very happy that we're intervening with that direct stimulation for healing. And we're able to determine, you know, not just where we need to treat it, but during the treatment.

How did it respond? How bad is it really? And then we can monitor that over time. So that's pretty cool. Ultrasound is critical to this type of treatment.

So prolia therapy has a number of different approaches. I was taught originally to use ozone and ozone modulates the cytokines the chemicals of healing optimizing our natural ability to regenerate tissue.

And I've also been trained dextrose prolia therapy. And that's putting in a harsh concentration of sugar dextrose that will cause sclerosing. In other words, a tendon build up where it was anchored into bone.

And that's called an end thesis. So if there's an end thesis, that's what you want to treat, to actually get that ligament, that tendon to anchor more strongly into a bone.

And that concept is solid. The challenge is with many people, the injections don't just stay there, they'll move along. What's called a fascial plane crashes the connective tissue that wraps around different parts of muscles.

And bone in our body. And so they're in different areas. And the dextrose may not stay there. It may run down. So if you're doing a shoulder it may run down inside and sclerosis and build up everything in the area.

And the potential for scar tissue for me is not acceptable. I've been trained in it. I was a member of the American Association of Orthopedic Medicine.

IOM did a lot of dextrose training. I went on a medical mission to Peru in 2012. Our team looked after 1248 patients in four and a half days. That was phenomenal training through many other courses with that group, I learned a lot about dextrose Pro therapy, my challenges with ultrasound.

I can see what's happening inside with the injection. We don't just do blind archery, we don't just stick a needle in and treat a sore place because I don't know what's actually happening.

I don't know where that medicine is going. So I spent a lot of time, a lot of training doing dextrose. Don't like it? Don't like how much scar tissue has been produced in patients.

And that takes us six months to a year to recover that. I don't want to create more problems. I want to, you know, minimize risk. So I use ozone, which turns on the natural healing ability of the body that optimizes activation of cytokines, the chemicals of healing.

And I like to use platelet rich plasma PRP within platelets. They're not just for clotting in your blood. They're natural components of the blood. They're not just for clotting.

They are for regenerating tissue.

Supportive Care, Taping, and Neck Problems

They contain platelet derived growth factors that turn on dormant stem cells to make new fibroblasts, the tissues that lay down fiber for ligaments and tendons.

So you can actually get new fibroblasts produced within three days. And then they continue on for as much as three four months. So we prep the body. We make sure through healing strategies that we've made sure that the person is well fed, local and systemic.

We make sure that they've got good nutrition. We use DMSO, we use MSM, we use other substances to make sure that they have got the best possibility of regrowing those fibers in their ligaments and tendons.

Then we stimulate them. Platelet rich plasma, PRP, prolonged therapy and ozone are very important treatments for me. Now we've got other things. There's other approaches that add to that, but those are my principal supports introducing good nutrition to the body and then stimulating the healing.

Taping classic firms up an area. Make sure that is fully supported so that your new tissue isn't regrowing stretched. So making sure that the body is well supported and will reproachfully regrow with prolonged therapy is an important option for active people of all ages.

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Closing Remarks and Podcast Outro

We can support that healing out, get people to be much better. So I'm Doctor David Wickenheiser, natural magic physician, host of the Natural Facts podcast.

For more information on Prolia therapy, on other treatments to help you to regain and maintain your good health, go to my website, the THG Natural Facts facts.com doctor David Wickenheiser for your good health.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your wellbeing.

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