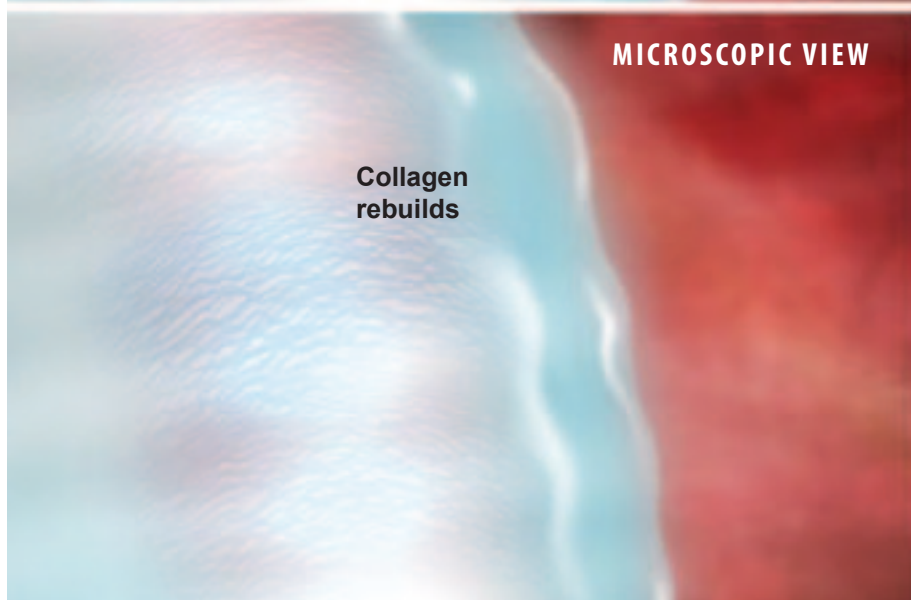
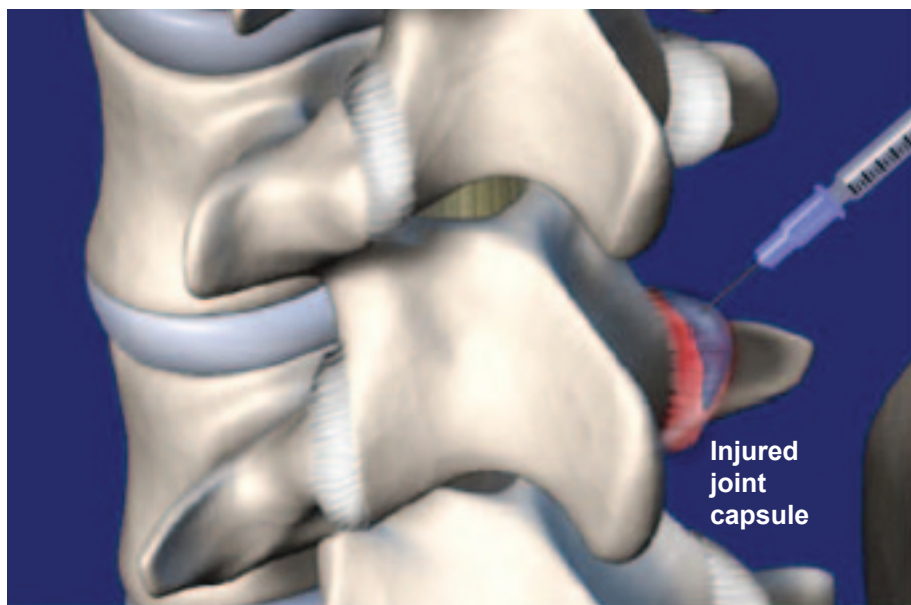


## Prolotherapy Treatment for Chronic Lower Back Pain



### Overview

This non-surgical procedure relieves chronic lower back pain with an injection that promotes the natural healing of damaged joints and soft tissues of the spine.

### Causes of Lower Back Pain

Problems in the lower spine are often associated with the damage or degeneration of tendons, ligaments and joint capsules. The limited blood supply and poor healing properties of these soft tissues make treatment necessary after injury.

### Preparation

The back is cleansed and sterilized. A local anesthetic is used to numb the injection site.

### Administering the Injection

A mixture of concentrated dextrose, composed of natural compounds and anesthetic, is injected into the damaged tissues. The physician may need to administer additional injections to other injured structures of the spine.

### The Body Reacts

The injected solution promotes mild inflammation of the injured tissue. This tricks the body into responding as if a new injury has occurred. The body releases proteins called growth factors that promote a natural healing process.

### Healing Begins

Once the inflammation resolves, cells called fibroblasts move in. The fibroblasts create collagen and use it to strengthen and rebuild the damaged ligaments and joint capsules. The strengthening and repair of these tissues results in improved joint stability and reduced pain.

### End of Procedure and Aftercare

The patient will be able to go home the same day, and should avoid taking any anti-inflammatory pain medications (aspirin, ibuprofen and naproxen). Full recovery from inflammation usually occurs within one week of the procedure. Additional treatments may be required to ensure complete healing of the injured tissues.