

Saskatoon Therapy

Saskatoon Therapy - Prolotherapy, or nonsurgical ligament reconstruction, is a remedy for persistent soreness. It is advantageous for several troubles involving neck and back pain, sports injuries, fibromyalgia, unresolved whiplash injuries, persistent tendonitis, degenerated or herniated discs, sciatica, TMJ, arthritis and partially torn ligaments, tendons, and cartilage.

What is prolotherapy? It's first important to understand what the term prolotherapy itself signifies. ``Prolo`` is short for proliferation. The therapy causes the growth, creation or proliferation of new tissue in areas where it has become weak and usually where the pain is present.

Ligaments basically are the needed "rubber bands" that hold bones to bones inside our joints. Ligaments might become injured or weak and may perhaps not heal back to their original endurance or strength. This happens largely since the blood supply to ligaments is restricted, and thus healing is gradual and not always complete. Ligaments also have numerous nerve endings and this allows the individual to suffer throbbing on the areas where the ligaments are loose or injured.

Tendons are the term given to tissue which links muscles to bones. In the same manner tendons may also get damaged, and bring about pain.

The usage of prolotherapy entails injecting sugar water liquid or dextrose into the ligament or tendon anywhere it connects to the bone. A localized inflammation usually happens when this mixture is injected to the weak parts. The blood supply will increase as a result and the circulation of nutrients induces the tissue to repair itself.

As history points out, Hippocrates was the very first to use this kind of treatment on soldiers that had torn or dislocated shoulder joints. He would inject a hot poker into the joint and it will heal normally. The principle is similar these days, initiating the body system to repair itself.

How long is it going to take to complete a course of treatments?

As we have different therapeutic abilities, reaction time for treatment from one individual to another varies. Usually, the therapy for an area addressed must be between 4 and 6, but some might take 10 or more. Some may only need few treatments before they are ok. The very best thing to try and do is to have a consultation by a trained doctor in advance to make sure you are an appropriate candidate. After treatment commences, the physician could relate how well you're responding and could offer an exact estimate.