

## **Prolozone Joints and Soft Tissue**

### **What Is Prolozone Therapy?**

Prolozone Therapy is a non-surgical procedure to eliminate or drastically reduce pain by facilitating the body's own natural ability to heal itself. Prolozone Therapy is so named because the treatment uses ozone to cause the proliferation, regeneration and rebuilding of new ligament and cartilage tissue in an area where they have become weak.

Ligaments hold the bones, joints and intervertebral discs together. They can become weak or injured from excessive use or surgery, and often times do not heal back to their original strength and tightness. When this happens, it puts a strain on the area that the ligaments are supposed to be holding together, resulting in pain and arthritis in the joints, discs and surrounding tissues. Ligaments have many nerve endings which can provide an additional source of pain.

### **How Does Prolozone Therapy Work?**

Prolozone Therapy involves the injection of ozone into joints, tendons, muscles and around ligaments where they attach to the bone. The injected ozone works by facilitating an increase in blood supply and flow of healing nutrients to the areas injected. It also stimulates activity of cells called fibroblasts and chondroblasts.

Because ozone stimulates the fibroblastic and chondroblastic cellular activity, it enhances the repair cycle by increasing available oxygen and nutrients to the new forming tissue.

### **Most Common Problems remedied with Prolozone Therapy**

- Back and neck pain – with or without degenerative disc disease
- Shoulder pain from rotator cuff injuries
- Osteoarthritis – hips, knees and spine
- Arthritic joints
- Tennis Elbow
- Sports injuries
- Carpal Tunnel
- Plantar Fasciitis
- Sprains and strains

### **Results to Expect**

The response to treatment varies from individual to individual and depends upon one's healing ability and severity of injury. Some people need only one or two treatments, while others may need six or more. The injection process is repeated every 4-6 weeks until maximum improvement is noted. It may take more injections in those that have had severe pain for many years. Each situation requires its own protocol. Please discuss with your physician.

Prolozone Therapy is a safe, natural and all the research indicates there are no side effects when properly implemented.