

Kitchener Therapy

Kitchener Therapy - A conventional remedy for persistent soreness is named prolotherapy or nonsurgical ligament reconstruction. It is helpful in treating troubles like neck and back soreness, fibromyalgia, chronic tendonitis, sports injuries, unresolved whiplash injuries, sciatica, degenerated or herniated discs, arthritis, TMJ, partially torn tendons, cartilage and ligaments.

What is prolotherapy? It is first necessary to understand what the term prolotherapy itself means. ``Prolo`` is short for proliferation. The treatment causes the growth, formation or proliferation of new tissue in parts where it has become weak and usually where the pain is present.

The structural "rubber bands" that hold bones to bones in our joints are called ligaments. Ligaments when damaged or weakened might not heal back to their original strength or endurance. This happens largely because the blood flow to ligaments is limited, and therefore healing is slow and not always complete. Ligaments also have multiple nerve endings and this allows the person to sense pain at the regions where the ligaments are weak or damaged.

Tendons are the name given to tissue which links muscular tissues to bones. In the same manner tendons may also get damaged, and bring about soreness.

Prolotherapy uses a sugar water or dextrose solution, that's injected into the ligament or tendon where it attaches to the bone. This injection brings about a localized tenderness inside these weak areas. The blood flow increases because of this and the circulation of vitamins stimulates the tissue to repair itself.

As history points out, Hippocrates was the very first to utilize this version of remedy 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 right now, initiating the body to restore itself.

How long will it take to finish a course of treatments?

As we've different therapeutic capabilities, reaction time for therapy from one person to another varies. Normally, the treatment for an area addressed should be between 4 and 6, but some might take ten or more. Some might only need few treatments before they are ok. The very best thing to try and do is to have a consultation by a trained physician ahead of time to ensure you are a suitable candidate. After treatment starts, the physician could relate how well you are responding and could offer an exact estimate.