

## Winnipeg Therapy

Winnipeg Therapy - A typical treatment for persistent soreness is known as prolotherapy or nonsurgical ligament reconstruction. It is effective in treating conditions like back and neck pain, fibromyalgia, chronic tendonitis, sports wounds, unresolved whiplash injuries, sciatica, herniated or degenerated discs, arthritis, TMJ, partially torn ligaments, tendons and cartilage.

Prolotherapy may be defined as what? It is very important to know what prolotherapy actually means. ``Prolo`` is short for proliferation. The treatment causes the growth, formation or proliferation of new tissue in areas where it has become frail and sometimes where the pain is present.

The structural "rubber bands" that hold bones to bones in our joints are called ligaments. Ligaments when injured or weakened may not heal back to their original endurance or strength. This happens largely as the blood flow to ligaments is restricted, and thus healing is slow and not always complete. Ligaments even have multiple nerve endings and this permits the individual to sense pain on the regions where the ligaments are weak or injured.

Tissues that connects muscle tissues to bones are named tendons. Also, in the same way tendons usually become injured and bring about pain.

The utilization of prolotherapy involves injecting sugar water solution or dextrose into the ligament or tendon where it attaches to the bone. A local tenderness usually occurs when this mixture is injected to the frail areas. The blood supply will increase because of this and the circulation of vitamins induces the tissue to restore itself.

As history points out, Hippocrates was the first to utilize this version of therapy on soldiers that had dislocated or torn shoulder joints. He would inject a hot poker into the joint and it will cure naturally. The principle is the same these days, initiating the body system to restore itself.

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

Response time for therapy varies from person to person because of our own individual therapeutic ability. The average number of treatments is four to six for an area treated, although some may need 10 or more and some might solely take a few treatments before they feel better. The best thing to try and do is to have a consultation by a trained physician ahead of time to make sure you are a suitable candidate. After therapy commences, the doctor can relate how well you are responding and could offer an exact estimate.