

Windsor Therapy

Windsor Therapy - Prolotherapy, or nonsurgical ligament reconstruction, is a remedy for persistent soreness. It is beneficial for many conditions including neck and back pain, sports wounds, fibromyalgia, unresolved whiplash injuries, persistent tendonitis, herniated or degenerated discs, sciatica, TMJ, arthritis and partially torn cartilage, ligaments, and tendons.

What is prolotherapy? It is first important to acknowledge what the word prolotherapy itself means. ``Prolo`` is short for proliferation. The treatment causes the growth, formation or proliferation of new tissue in areas where it has gotten weak and typically where the pain is present.

Ligaments primarily are the structural "rubber bands" that hold bones to bones in our joints. Ligaments may become injured or weak and may not heal back to their original endurance or potency. This occurs largely because the blood flow to ligaments is restricted, and thus healing is gradual and never always complete. Ligaments even have many nerve endings and this permits the person to suffer throbbing at the regions where the ligaments are loose or injured.

Tissues that connects muscular tissues to bones are known as tendons. Additionally, in the exact same manner tendons often become injured and bring about soreness.

The utilization of prolotherapy involves injecting sugar water liquid or dextrose into the tendon or ligament anywhere it connects to the bone. A localized inflammation usually occurs when this solution is injected to the frail parts. The blood supply will increase because of this and the movement of nutrients induces the tissue to repair itself.

History reveals that Hippocrates first used a version of this remedy on soldiers who had torn or dislocated shoulder joints. He stuck a hot poker into the joint and it would then cure normally. The principle is the same these days, initiating the body to restore itself.

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

Response time for therapy ranges from person to person due to our own individual healing ability. The standard number of therapies is 4 - 6 for an area addressed, although some may have 10 or more and some may solely take a number of treatments before they feel better. The very best thing to do is always to have a consultation by a trained doctor ahead of time to ensure you are an appropriate candidate. After treatment starts, the physician can relate how well you are responding and might provide an accurate estimate.