



What conditions are treated with Prolotherapy?

- Arthritis
- Neck and low back pain
- Fibromyalgia
- Sports Injuries
- Unresolved whiplash
- Carpal Tunnel Syndrome
- Torn Tendons, Ligaments and Cartilage
- Degenerated or herniated discs
- Sciatica
- Cluster headaches
- Deep aching
- Heal Spurs
- Knee Injuries
- Tennis Elbow

Do you suffer from persistent pain, joint aches, or have you been diagnosed with degenerative arthritis?

Do you require repeated chiropractic treatment to align your spine because the adjustments just don't hold?

PROLOTHERAPY CAN HELP

Dr. Nelson Kroucak has been trained by the American Association of Orthopedic Medicine and has been performing prolotherapy for over seventeen years.

Dr. Kraucak remains dedicated to bridging the gap between clinical medicine and complimentary therapies to promote the body's natural healing mechanisms.



Healthcare Partners
A Holistic Medical Practice

**REGENERATIVE
THERAPY**

Prolotherapy

**for chronic
pain**



Healthcare Partners
A Holistic Medical Practice

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AVOID JOINT SURGERY! Get Back to Doing the Things You Love!

HEALTHCARE PARTNERS OFFERS
PROLOTHERAPY

PROLOTHERAPY

PROLOTHERAPY IS A NONSURGICAL TREATMENT WHICH STIMULATES HEALING. PROLOTHERAPY IS ALSO KNOWN AS SCLEROTHERAPY, RECONSTRUCTIVE THERAPY, AND REGENERATIVE THERAPY. PROLOTHERAPY WORKS BY STIMULATING THE GROWTH OF CONNECTIVE TISSUE IN ORDER TO STRENGTHEN WEAK OR DAMAGED TENDONS OR LIGAMENTS.

Important Notice: Patients should not be on any anti-inflammatory medications (prescription or otherwise) at least 2-3 days before and after each treatment.

PROLOTHERAPY IS:

- SAFE
- OFFICE-BASED
- EFFECTIVE
- CONVENIENT
- NATURAL
- AFFORDABLE
- NON-SURGICAL

HOW DOES IT WORK?

Prolotherapy uses a sugar and fish oil based solution that is injected into the ligament or tendon where it attaches to the bone. This causes a controlled "good" inflammation in these weak areas, which then increases the blood supply and flow of nutrients and stimulates the tissue to repair itself, strengthening, tightening, and thereby stabilizing the area.

This re-growth has been substantiated by research studies over the past forty years.



AS NEW TISSUE IS FORMED, PAIN OFTEN DIMINISHES OR SUBSIDES ENTIRELY.

NOTE: No guarantees or warranties concerning outcomes are herein made or implied.

HOW MANY TREATMENTS?

While responses to treatment vary, most people will require 10-12 injections. Each set of treatments is spaced approximately two weeks apart. There is no limit to the number of treatments you can have.

HOW MUCH DOES IT COST?

Each patient's medical requirement is unique. Therefore a consultation with the physician is needed to decide the best treatment option (and total cost) for you. Prolotherapy is not covered by insurance.

HOW SOON CAN I GO BACK TO REGULAR PHYSICAL ACTIVITIES?

Prolotherapy helps regenerate tendons and ligaments but it is not a quick fix. The therapy stimulates growth of tendons and ligaments requiring time and rehabilitation. Through regular visits, your doctor will determine when you are able to resume regular physical activities.

If you have a tendon or ligament injury and traditional methods have not provided relief, then Prolotherapy may be a solution. The procedure is less aggressive and less expensive than surgery. It will heal tissues with minimal or no scarring and alleviates further degeneration of the tissues.

"RESEARCH STUDIES SHOW THAT OVER 80 PERCENT OF PEOPLE TREATED WITH PROLOTHERAPY REPORT A GOOD OR EXCELLENT RESULT." PROLOTHERAPY IS AN ALTERNATIVE TO INVASIVE ORTHOPEDIC SURGERY AND JOINT REPLACEMENT.

IN PROLOTHERAPY THE GOAL IS TO PRODUCE NORMAL DENSE FIBROUS TISSUES WHICH STRENGTHENS THE STRUCTURES OF THE FIBRO-OSSEOUS JUNCTION.