

Common Questions

How do these joint injection therapies work?

Prolotherapy injections cause localized inflammation in the ligaments or tendon to stimulate healing. **Prolozone** supplies oxygen and natural anti-inflammatories to support healing and enhance recovery.

How many treatments will I need?

Many people find relief after the first or second treatment. However, some people may require 4-6 treatments before noticing an improvement in their symptoms. A person's body may also require more than just injection therapy to help resolve chronic pain and injuries, which is why it is important to meet with your Naturopathic Doctor to discuss supplement therapy and other supportive treatments.

How long should I wait to return to my daily activities?

This depends on the extent of your injury and on the activity you are hoping to engage in. Although pain associated with an injection will usually be gone by 24-48 hours after treatment, your Naturopathic Doctor may ask you to avoid certain activities to help ensure the greatest healing.

What exactly are you injecting into me?

Prolotherapy is a mixture of procaine, dextrose and B-vitamins. **Prolozone** is a mixture of procaine, dextrose, B-vitamins, a buffering solution, and homeopathics, followed by ozone gas.

How painful are the injections?

Everyone has a different experience with prolo injections. Some people find them very easy to tolerate and experience very little pain, while others find them quite uncomfortable. In general, areas with greater tissue damage tend to be more painful during the treatment. Thankfully, as the tissues heal, the injections become less painful.

What side effects are associated with the treatment?

The most common side effects include pain, redness and bruising at the injection site. Increased pain and discomfort in the injection area is also normal and should resolve itself within 24-48 hours post-treatment. Some people may also feel more fatigued post-treatment and for 1-2 days afterward.

What can I take after treatment if I experience pain?

Heat, ice or acetaminophen (Tylenol) manage most symptoms. You will need to avoid anti-inflammatory medications such as ibuprofen (Advil), naproxen or aspirin the day of your treatment and for at least 24-48 hours post-treatment. Natural anti-inflammatories such as fish oil and curcumin are fine to take.

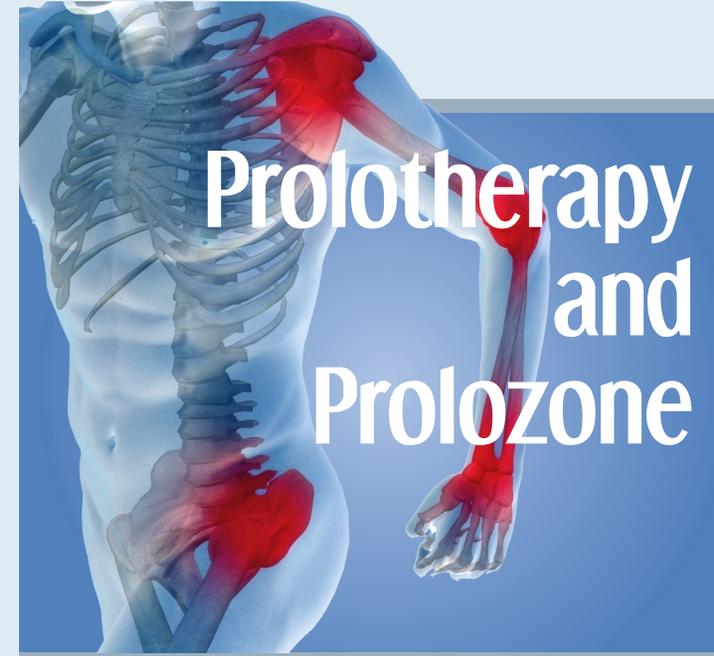
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*An ounce of prevention is worth
a pound of cure.*

Joint Pain?



Natural
Joint Injection
Therapies



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Take care of your joints, so they can take care of you.

Musculoskeletal Pain

Joint, tendon and ligament pain in the knee, shoulder, back, hip and other areas can range from mild to more severe. This can be a sign of developing joint degeneration from common age related health problems or from injury.

- Arthritis and Osteoarthritis
- Carpal tunnel and repetitive motion
- Sports injuries or overuse
- Falls and various types of accidents

If not addressed properly, joint problems can eventually lead to more pain, surgery, joint replacement and a level of disability that reduces your quality of life.

At Synergy Natural Medicine Clinic, we offer natural joint injection therapies. They stimulate your body's natural healing mechanisms to help your body heal and recover. To enhance your care, we can also create a personalized treatment plan that includes dietary supplements and other supportive treatments to reduce pain and inflammation, and promote healing and recovery.

So whether your goal is to reduce your aches and pains, avoid surgery, get back to your favorite activity, or recover from orthopedic surgery, we can provide you the support that you need and help you every step of the way.

Prolotherapy

Prolotherapy uses your body's natural inflammation response to create healing. This is primarily through the use of dextrose, which is injected into the ligament or tendon at the site where it attaches to the bone. The dextrose causes a localized inflammation response, which increases the blood supply and flow of nutrients, thus stimulating the tissue to repair itself.



Prolozone

Prolozone uses oxygen to create healing. This is primarily through the use of ozone, a highly reactive form of oxygen. Ozone is infused into the joint after a mixture of homeopathic anti-inflammatories is injected into the joint space. The ozone, in addition to the benefits of the homeopathic solution, re-establishes circulation and supplies oxygen, thus stimulating healing.



Common Uses



Both prolozone and prolotherapy are useful for many different kinds of musculoskeletal pain including age and activity-related joint degeneration, partially torn tendons, ligaments and cartilage, chronic tendonitis, back pain, herniated discs, TMJ, sciatica and fibromyalgia.

Synergy Natural Medicine Clinic Orthopedic Medical Services

Joint Injection Therapies
Prolotherapy and Prolozone

Naturopathic Medical Treatment Programs
Age or activity-related joint problems
Orthopedic surgery
Chronic joint problems
Recovery from injury

For more information and a free 10 minute phone consultation, give us a call at (626)303-3300 or visit synergynaturalmedicine.com.

Medical Staff

Dr. Jennifer Wicher ND, PT is Synergy's medical director and is licensed as a Naturopathic Doctor and Physical Therapist. She has been treating patients with joint related problems for more than 15 years. Dr Wicher played Division I soccer in college and has an intense interest in helping people stay active.



Dr. Heather Barrett is a Naturopathic Doctor at Synergy. She has advanced training in joint injection therapies and has been treating orthopedic patients since 2011. Still active in competitive sports, she has a strong interest in working with athletes and people with active lifestyles.

