



The following was adapted from an article written by my friend **Dr Ross Hauser**, one of the finest Prolotherapists in the United States, where he discusses the differences among doctors who claim they perform prolotherapy.

As with any medical procedure, Physicians should use and apply the technique of Prolotherapy only after they have received extensive training and demonstrated the ability to safely administer the treatment. As a patient, we know that you want to come to a place where your doctor exhibits a high level of skill and expertise in the treatment he/she provides.

Prolotherapy, PRP, Stem Cells

Accelerated recovery option for athletes

We have had sports-related back injuries, labrum and meniscus tears, IT band stress, plantar fasciitis, turf toe, strained neck from cycling, wrist pain, ankle instability, elbow pain, shoulder pain, lumbar pain, shin splints, groin pain, and the list goes on! Most of our team has been on the receiving end of the treatment, and know what it's like to be injured before an event and wanting to get out of pain as fast as possible.

The good news is you're coming to the right place to get you back to your sport – FAST! One reason Prolotherapy is a preferred method of treatment is because it allows the athlete to continue working out while undergoing treatment, in most cases.

When choosing a Prolotherapy doctor – use this checklist

- **Experience**

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Before doing Prolotherapy, Dr. Mahl worked in the office with Dr. Alvin Stein for about three years. Dr. Mahl and Genny have now treated over 1000 patients with Prolotherapy during medical missions to Ecuador, Mexico, Colombia and Argentina.

Dr Mahl teaches and trains other physicians in Prolotherapy in the United States and around the world. He was asked to teach the first Prolotherapy Course in Havana, Cuba in 2016 and lectures to pain specialists, orthopedists, and physical medicine specialists throughout the US. He has attended numerous conferences for hands-on injection training and one-on-one technique training.

Do not let a doctor inject you if your doctor learned the treatment only by reading a book or attending a weekend course on Prolotherapy. They should be experts in anatomy and injection techniques.

- **Treats whole body**

If a physician does not feel comfortable giving injections around the spine, would you consider the physician an expert at Prolotherapy? Often we see cases where pain in an extremity is now effecting, or caused from, pain in the back. Take cases of cervical or lumbar radiculopathy, cases of hip and low back pain, or neck and shoulder pain. Sometimes pain is coming from more than one area. If you are not getting relief, and feel it may also be due to pain in the spine not being addressed, it might be time to see a more specialized Prolotherapy practitioner.

- **Doctors injects entire joint area not one or two injections to selected areas**

When someone tells us that Prolotherapy did not work for them, we ask them how many shots the doctor administered during the treatment of the area. Inevitably, the response is something like: "The doctor gave me two shots in the back." Two shots is not Comprehensive Prolotherapy. Prolotherapy starts the growth of tissue where the needle hits the bone, and essentially nowhere else. The lower back typically requires about 50 injections minimum. A knee requires about 20-30 injections, not just one. Yes, these are given all at one session!

- **Autoimmune diseases**

The only diseases that cause inflammation for which Prolotherapy may not be appropriate is the autoimmune diseases, such as rheumatoid arthritis and systemic lupus erythematosus. If someone with these conditions has a normal or almost normal ESR, erythrocyte sedimentation rate, which shows that the amount of inflammation is under control, then Prolotherapy is appropriate. This is assuming that the pain can be reproduced by palpation over a ligament or tendon on physical examination.

"I was not a Prolotherapy Candidate"

It is amazing how many people act as experts on who is and who is not a Prolotherapy candidate. We have had patients be told by chiropractors, physical therapists, orthopedic surgeons, and a host of other so-called "experts" that they were not Prolotherapy candidates. The only person that is qualified to determine the appropriateness of a candidate is a Prolotherapy specialist. We would be happy to review your case and see if you are a good candidate for our office. Please contact our team and we're happy to take a closer look at your case. We specialize in tough cases and are often able to successfully handle cases that other Regenerative Medicine offices send away.