



Dr. Ryan Minarik
 Naturopathic Physician
 Licensed Acupuncturist



Eliminate Chronic Pain

Prolotherapy can help treat pain arising from:

- Sports Injuries
- Chronic Pain
- Arthritis
- Tendinoses
- Whiplash
- Ligament Damage

- | | |
|-----------------------|--------------------------|
| Shoulder Dislocation | Lumbar Sprain-Strain |
| Rotator Cuff Injuries | Sciatica |
| Biceps Tendon Injury | Sacroiliac Instability |
| Labral Tears | Herniated Disc |
| Carpal Tunnel | Degenerative Spine |
| Tennis Elbow | Neck Pain |
| Golfer's Elbow | Chronic Headaches |
| Knee Injuries | TMJ |
| Meniscal Tears | Fibromyalgia |
| Plantar Fasciitis | Recurrent Trigger Points |
| Chronic Ankle Sprains | And Much More... |

Dr. Minarik has attended prolotherapy seminars and trainings through both the American Osteopathic Association of Prolotherapy Integrative Pain Management and the Hackett-Hemwall Foundation (see website references). He also has additional training in Neural Therapy techniques.

Free 10-minute consults available. Call to schedule at either of 2 locations:



8113 SE 13th Ave, Portland
 503-232-5653



BACK IN MOTION
SPORTS INJURIES CLINIC, LLC

Chiropractic Acupuncture Massage Naturopathy

11385 SW Scholls Ferry Rd., Beaverton
 503-524-9040

Prolotherapy and P.R.P.

Regenerative Injection Therapies



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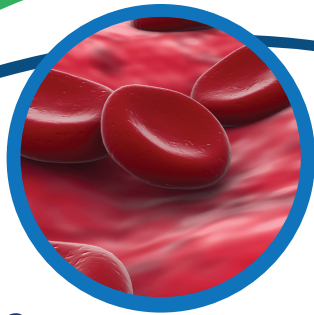
How Does Prolotherapy Work?

Ryan Minarik, ND, LAc.

Chronic knee pain even following meniscus surgery? Ongoing neck pain after a motor vehicle accident requiring months of physical therapy with minimal improvement? How about cycles of muscles tightness and spasm ever since a shoulder injury, despite lots of massage? Or chronic back pain or disc problems ever since giving birth to your child? All of these scenarios are typical of injuries not healing correctly, leading to instability and weakness around a joint. The result is a pattern of chronic pain, with tight muscles attempting to compensate for weak ligaments.

When tissues are initially injured, sugars and fats are released at the site to help stimulate the immune system's repair mechanisms. When there is ongoing overuse of an area (such as tennis elbow or achilles tendinosis) the repair process never gets a chance to finish, leading to ongoing breakdown of the tissues. Chronic anti-inflammatory/NSAID use or steroid injections further impair this process.

Prolotherapy attempts to reinitiate repair mechanisms at the specific site of injury by injecting dextrose (or other natural stimulants) to the area, creating localized inflammation and mimicking the original repair process. It stimulates the generation of new fibrous tissue, strengthening tendon and ligament attachments. Once joint structures are strengthened, both joint and muscle pain can be significantly, if not fully eliminated. Degenerative processes, such as those seen in osteoarthritis, can also be stopped, and new cartilage encouraged to regenerate.



Platelet Rich Plasma

Platelet Rich Plasma, or PRP, is a relatively new form of regenerative injection therapies. A sample of the patient's blood is collected, and then centrifuged to concentrate the platelets, and growth factors which directly encourage cell repair and tissue regeneration. The solution is then injected at the site of injury in the same manner as dextrose solutions. Blood draw and injections are done in the same visit, typically with 1 hour.

PRP has similar applications to standard prolotherapy, but may be preferred specifically for tendon tears and some forms of arthritis. It is also used in dentistry and some surgical procedures to encourage quicker healing.

Prolotherapy stimulates your body's natural repair mechanisms at the site of original injury.

Prolotherapy is a regenerative injection therapy (RIT) used to strengthen joints weakened or damaged by over-use or chronic injury. Ligament or tendon attachments once stretched, torn, or otherwise injured often have difficulty returning to pre-injury level of functioning due to limited blood supply to these structures. Surgery can often produce more scarring and limited range of motion without addressing the root cause of dysfunction. Prolotherapy can actually stimulate healing of the

joint structures without cutting, or removing, tissue. While there are conditions for which surgery is definitely indicated, it can sometimes be avoided or at least delayed with prolotherapy.

Treatment course varies and depends on the joint being treated, but typically results are seen within 3 treatments, although often patients will see significant improvement after one visit. A typical treatment course is 3-6 series of injections, given every 2-4 weeks. Prolotherapy has been used for over 60 years with numerous case reports and an increasing number of controlled studies showing its effectiveness.

Websites for further information:

www.acospm.com | www.hacketthemwall.org | www.getprolo.com
www.elixiawellness.com/prolotherapy.php