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## **PROLIFERANT RECONSTRUCTIVE INJECTIONS**

For decades Proliferant reconstructive ligament therapy has offered tendons, ligaments and joints the opportunity to heal naturally, by causing growth of cells and tissue through the means of a non-steroidal, highly developed technique. Proliferant reconstruction therapy is a non-surgical alternative recommended when loss of ligament integrity has caused the adjoining structures to be unstable. Patients are advised to listen to all of the doctor's recommendations and ask questions. Below are important facts regarding the procedure. Please read this handout carefully in its entirety.

### **IMPORTANT FACTS**

- An anti-inflammatory injection may be required prior to initiating reconstructive treatment.
- Reconstructive injection treatments are generally spaced two to 4 weeks apart, with on average, 3 to 8 session allowing for full recovery.
- You will experience localized pain, bruising, numbness, swelling, soreness and stiffness in the injected areas for a period of time following the procedure. **NO PAIN, NO GAIN.**
- An exercise regimen is required following the procedure. Exercises should be done at the office and at home following injections. If you do not understand the exercises, please consult the office staff **(This is very important. Failure to do exercises will delay healing and increase recovery time).**
- Do not take aspirin (or any other anti-inflammatory medications), coffee, or alcohol 5 days before or after treatment. Ask an office staff member for an acceptable list of pain medications.
- **Patients undergoing knee injections: Stationary cycling 2x per day (every day) for 30 minutes with full range of motion of the knee, without resistance is required for rehabilitation. In addition, foot orthotics (if applicable) should be worn as much as possible. Failure to take these recommendations will result in increased inflammation, increased pain and may jeopardize the efficacy of the injection series. The knee must heal in the presence of motion! When the pain and swelling have subsided, the daily biking may be decreased as long as full range of motion is achieved.**
- Injection ingredients: The Proliferant Solution is generally compounded for the specific individual needs of the patient. Typically, the solution contains 12.5% dextrose, 12.5% glycerin, 1.25% phenol, pyrogen-free water and Zylcaine.
- No toxic drugs or surgery are required for the procedure.
- According to the Sansom randomized clinical trials, 88.5% of patients with chronic low back pain demonstrate dramatic improvement after receiving six treatments of low back manipulation and prolotherapy injections.
- Results are long-term with no significant side effects (unlike cortisone). Proliferant reconstructive therapy is capable of increasing the strength and structures of ligaments and tendons 30-40% over normal.
- To optimize the efficacy of this procedure, specific dietary considerations should be met. Please ask for dietary recommendations. The body's "alkalinity" is very important, patients suffering from chronic fatigue, myofascial pain, or chronically poor pH should make the physicians aware of these issues prior to performing the procedure. Also nutrients that up regulate the wound healing cascade may be necessary for successful outcomes.