

## Prolozone Therapy for Joint Pain

Prolozone® is a vitamin/mineral/homeopathic/oxygen-ozone injection technique developed and pioneered by Dr. Frank Shallenberger. It is a non-surgical option for musculoskeletal and joint pain including chronic neck and back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs, and shoulder and elbow pain. Because Prolozone can reconstruct damaged or weakened connective tissue in and around joints, there is a 75% chance for the chronic pain sufferer to becoming pain free.

Prolozone Therapy is an injection technique similar to Prolotherapy that uses ozone. The use of ozone causes the joint to heal much more quickly than in traditional Prolotherapy. This is because ozone is a highly reactive molecule and when injected into a joint capsule it is able to stimulate the fibroblastic joint repairing abilities. And Prolozone does not have the side effects associated with steroid injections.

Prolozone is derived from the word ozone and the Latin word “proli” which means to regenerate or re-build. “Prolo” is short for proliferation, because the treatment causes the proliferation (growth, formation) of new ligament tissue in areas where it has become weak.

Ligaments are the structural “rubber bands” that hold bones to bones in joints – acting like the body’s shock absorbers. If ligaments become weak or injured they may not heal back to their original strength or endurance. Ligaments have limited blood supply so healing is slow and not always complete. Ligaments also have many nerve endings, so the person will feel pain at the areas where the ligaments are damaged or loose.

Our joints are like hinges on a door. Until the hinge is fixed the door won’t open or close right; and it’s the same effect with injured joints. A lack of nutrients, lack of circulation, aging and inflammation contribute to failure of tissue repair. When this happens the ligaments, tendons, and cartilage become dehydrated and weaker. Ligament laxity and more abnormal mechanical stress and shearing forces on the joint, lead to even more joint dysfunction. This leads to a progressive separation of the ligaments from the superficial covering on the bone called the periosteum. This pulling on the periosteum creates a space, which the body fills in with new bone. These new parts of bone are called osteophytes (bone spurs). Osteophytes and joint laxity result in a reduced range of motion, strain on surrounding muscles trying to compensate for the weakness, and leads to more dysfunction and pain.

Prolozone helps the body repair and tighten the lax structures, partially torn connective tissue and ligaments. Prolozone halts the pain/inflammation cycle. Without the side effects of steroids. This allows for better circulation, increased blood flow carrying nutrition, and hydration of the damaged tissues. A healing environment is set up within the joint and results in increased range of motion and decreased pain. [www.aaot.us](http://www.aaot.us)

To make an appointment for Prolozone therapy, call 715-895-8571 or contact us through [www.ozonehealthoffice.com](http://www.ozonehealthoffice.com)

### **Bio info:**

#### **The Health Office Company**

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*Treating the cause, not just the symptoms*

Preventive health care

Care of long-term chronic illness

Ozone therapy

Prolozone joint and spine therapy

Healing Touch

Guided Imagery

Nutrition - oral and IV