

## Kingston Therapy

Kingston Therapy - Prolotherapy, or nonsurgical ligament reconstruction, is a treatment for persistent pain. It is effective for many troubles involving back and neck soreness, sports wounds, fibromyalgia, unresolved whiplash injuries, chronic tendonitis, herniated or degenerated discs, sciatica, TMJ, arthritis and partially torn ligaments, tendons, and cartilage.

What is prolotherapy? It is first important to acknowledge what the term prolotherapy itself means. ``Prolo`` is short for proliferation. The therapy causes the growth, formation or proliferation of new tissue in areas where it has gotten frail and usually where the pain is present.

Ligaments basically are the needed "rubber bands" that hold bones to bones in our joints. Ligaments could become injured or weak and may not heal back to their original endurance or potency. This happens largely because the blood supply to ligaments is restricted, and thus healing is slow and not always complete. Ligaments also have many nerve endings and this permits the person to feel throbbing at the regions where the ligaments are loose or injured.

Tissues that connects muscles to bones are named tendons. Additionally, in the exact same manner tendons oftentimes become injured and bring about pain.

The usage of prolotherapy involves injecting sugar water solution or dextrose into the ligament or tendon where it links to the bone. A local inflammation usually occurs when this solution is injected to the frail parts. The blood supply increases because of this and the movement of vitamins induces the tissue to restore itself.

As history points out, Hippocrates was the very first to use this kind of treatment on soldiers that had dislocated or torn shoulder joints. He would inject a hot poker into the joint and it'll heal normally. The principle is similar right now, initiating the body to repair itself.

How long is it going to take to complete a course of therapies?

Response time for therapy varies from individual to individual due to our own individual healing ability. The standard number of therapies is four to six for an area addressed, although some might have 10 or more and some could solely require a few treatments before they feel better. The very best thing to try and do is always to have a consultation by a trained physician in advance to make sure you are a suitable candidate. After therapy starts, the physician could relate how well you are responding and can offer an accurate estimate.