

## St. John's Therapy

St. John's Therapy - A conventional remedy for chronic pain is called prolotherapy or nonsurgical ligament reconstruction. It is beneficial in treating conditions like neck and back soreness, fibromyalgia, persistent tendonitis, sports wounds, unresolved whiplash injuries, sciatica, degenerated or herniated discs, arthritis, TMJ, partly torn tendons, cartilage and ligaments.

Prolotherapy might be defined as what? It is extremely vital to understand what prolotherapy actually means. ``Prolo`` is short for proliferation. The treatment causes the growth, creation or proliferation of new tissue in areas where it has gotten weak and sometimes where the pain is present.

Ligaments essentially are the needed "rubber bands" that hold bones to bones in our joints. Ligaments may become injured or weak and may not heal back to their original endurance or potency. This occurs largely as the blood supply to ligaments is limited, and therefore healing is slow and not always complete. Ligaments even have multiple nerve endings and this permits the individual to suffer throbbing on the regions where the ligaments are weak or damaged.

Tissues that links muscle tissues to bones are referred to as tendons. Also, in exactly the same way tendons often become damaged and bring about pain.

Prolotherapy uses a dextrose or sugar water mixture, that is injected into the tendon or ligament where it connects to the bone. This jab causes a local inflammation within these frail parts. The blood supply will increase because of this and the flow of vitamins stimulates the tissue to repair itself.

History reveals that Hippocrates first utilized a version of this treatment on soldiers who had torn or dislocated shoulder joints. He jammed a hot poker inside the joint and it will then cure generally. The principle is similar right now, initiating the body system to restore itself.

How long will it take to finish a course of treatments?

As we have different therapeutic abilities, response time for therapy from one person to another varies. Normally, the treatment for an area addressed should be between 4 and 6, but some might take 10 or more. Some might only need few treatments before they are ok. The best thing to try and do would be to have a consultation by a trained doctor beforehand to ensure you are an appropriate candidate. After treatment commences, the physician could relate how well you're responding and can offer an exact estimate.