

## Brandon Therapy

Brandon Therapy - Prolotherapy, or nonsurgical ligament reconstruction, is known as a remedy for chronic soreness. It's beneficial for many conditions including back and neck pain, 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's first important to acknowledge what the word prolotherapy itself signifies. ``Prolo`` is short for proliferation. The treatment causes the growth, formation or proliferation of new tissue in parts where it has become frail and usually where the pain is present.

Ligaments basically are the structural "rubber bands" that hold bones to bones in our joints. Ligaments might become injured or weak and might not heal back to their original endurance or strength. This happens largely since the blood supply to ligaments is restricted, and therefore healing is gradual and not always complete. Ligaments also have numerous nerve endings and this allows the individual to sense throbbing at the areas where the ligaments are weak or damaged.

Tendons are the term given to tissue that connects muscular tissues to bones. In the exact same method tendons might also become wounded, and cause pain.

Prolotherapy uses a dextrose or sugar water solution, that is injected into the ligament or tendon where it attaches to the bone. This injection causes a localized inflammation within these frail areas. The blood flow increases because of this and the movement of nutrients stimulates the tissue to restore itself.

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

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

As we've different therapeutic capabilities, reaction time for therapy from one individual to another varies. Usually, the treatment for an area addressed must be between 4 and 6, but some may take ten or more. Some may only want few treatments before they are ok. The very best thing to try and do is to have a consultation by a trained doctor ahead of time to make sure you are a suitable candidate. After therapy commences, the physician could relate how well you are responding and might offer an accurate estimate.