

## **Prolotherapy (Regenerative Injection Therapy) Rebuilds Painful Joints and Tendons**

### **Golfers Feel the Pain and the Relief**

Back pain often stops golfer's careers and in fact four or five golfers suffer low back pain at some point. Many have returned to golf when they did not think it was possible with Prolotherapy or Regenerative Injection Therapy.

Many golfers pains thought to be tendonitis are really worn out or degenerative conditions like shoulder tendonitis, tennis elbow, golfers elbow, or chronic sprains or strains. Most tendon or ligament problems and degenerative arthritis involve worn or frayed connective tissue that can be rebuilt with Prolotherapy or Regenerative Injection Therapy (R.I.T.).

Prolotherapy can help about 80% of joint problems, degenerative arthritis, degenerative disc disease causing neck or back pain or tendon problems.

### **What is Prolotherapy**

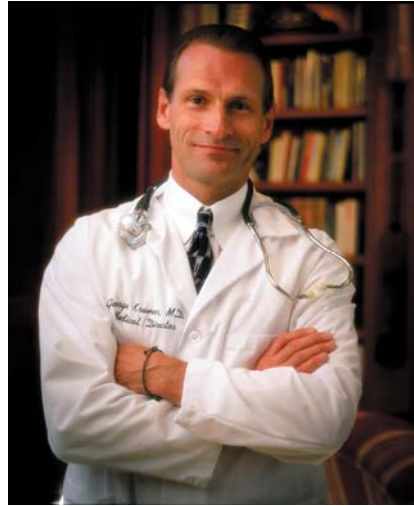
Prolotherapy or Regenerative Injection Therapy (R.I.T.) has been rebuilding joints, tendons and ligaments for over 60 years. U.S. Olympic Team Skiers say they would not be skiing without it. *New York Times* and ESPN are talking about it. For over 16 years Dr. George Kramer has been helping golfers who did not think they could golf again or thought they would have to live with their back, shoulder, knee, wrist or other pains.

Prolotherapy stimulates a low-grade inflammation to start the healing process. The *New York Times* article, by Jane Brody, Health Columnist, is titled "Injections To Kick Start Tissue Repair" and is a good description of what Prolotherapy does. See [www.GeorgeKramerMD.com](http://www.GeorgeKramerMD.com) to read the article.

Prolotherapy (R.I.T.) is an effective therapy where small amounts of natural substances are injected to stimulate healing and regenerate new connective tissue, rebuilding ligaments, tendons, and cartilage. Prolotherapy does not just cover up the pain, but actually heals and cures the condition. Many golfers say, "a few injections are nothing when it gets me back on the course".

### **Superior to Cortisone**

Commonly used anti-inflammatories or cortisone slows the healing process, covers up the pain, can weaken tendons, and actually accelerate degenerative arthritis. Sports medicine specialists now recommend what Prolotherapists have for



years: to avoid ibuprofen or other anti-inflammatories in the first several days after an injury such as an ankle sprain/strain. We need the right amount of inflammation to stimulate healing and anti-inflammatories shutoff the healing process. Prolotherapy can provide the kick start for healing and tissue repair.

### **Golfers Back in the Game**

Prolotherapy restores function and relieves pain in degenerative joints, tendons and ligaments. Most pain in those areas are due to degenerative wear and tear. This can be called degenerative arthritis, degenerative disc disease or osteoarthritis. Regeneration of connective tissue and cartilage is possible with Prolotherapy (see website for x-ray of knee cartilage growth after Prolotherapy). Many golfers with knee arthritis have avoided knee replacement or surgery for degenerative cartilage tears with Prolotherapy. Now they can walk the course again pain-free. Hand and wrist pain and arthritis can be relieved with Prolotherapy so the club can be gripped and swung through fully. Shoulder and elbow pain stopping your backswing or pull through has been improved for many golfers. A golfer needs the right diagnosis to evaluate the cause of a condition and not just cover up the pain. Prolotherapy can rebuild and strengthen tissue. Prolotherapy coupled with the good nutrition and proper exercise can help you get back in the game pain-free. Prolotherapy can cure and not just cover up the pain, and have you golf pain-free for good. Ed Fiori has used Prolotherapy with success keeping him on the Pro-Tour.

### **About Dr. Kramer**

George Kramer M.D. practices Orthopedic Medicine; non-surgical Orthopedics at his office in Minnetonka. He has used Prolotherapy (R.I.T.) for over 16 years with excellent results for many painful conditions. Please visit his website at [www.GeorgeKramerMD.com](http://www.GeorgeKramerMD.com) for further success stories, outcomes survey results, the *New York Times* article and more information on Prolotherapy. Call 952-767-4800 for an appointment.

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