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Prolotherapy is an innovative technique that often relieves pain permanently by stimulating the body's ability to repair itself. In contrast to many medical treatments that may provide only temporary benefits, this safe, proven treatment can offer lasting relief without the risks of surgery or anesthesia. Now, prolotherapy is available in Grand Blanc at the [Natural Wellness & Pain Relief Center](#).

Research studies show that over 80 percent of people treated with prolotherapy report a good or excellent result. Many conditions respond well to prolotherapy, including knee pain and arthritis, shoulder pain, rotator cuff tears, carpal tunnel syndrome, tennis elbow, and tendonitis. According to Dr. Megan Strauchman, medical director of the Center, "Prolotherapy is a far less invasive treatment option for patients considering more traditional interventions. The treatment is highly effective. Treatments take about 30 minutes, and are typically administered every 2-6 weeks until healing is complete. It's a great choice for people looking for rapid relief and recovery."

Prolotherapy involves a solution of concentrated dextrose and local anesthetic being injected into the affected ligaments, tendons, or joint capsules. This solution signals the body to repair the tissue at the site of the injection, which encourages growth of new ligament, joint, or tendon fibers. Most people return to their jobs or usual activities right after the procedure. Not only do they enjoy basic comforts again, such as a good night's sleep, sitting through a movie, or taking a walk; they also return to higher intensity physical activities like golf, mountain biking, jogging, skiing, and even horseback riding.

For people looking for more information on prolotherapy, you can contact Dr. Strauchman at 810.694.3576, or visit her clinic website, www.nwprc.com for more details.