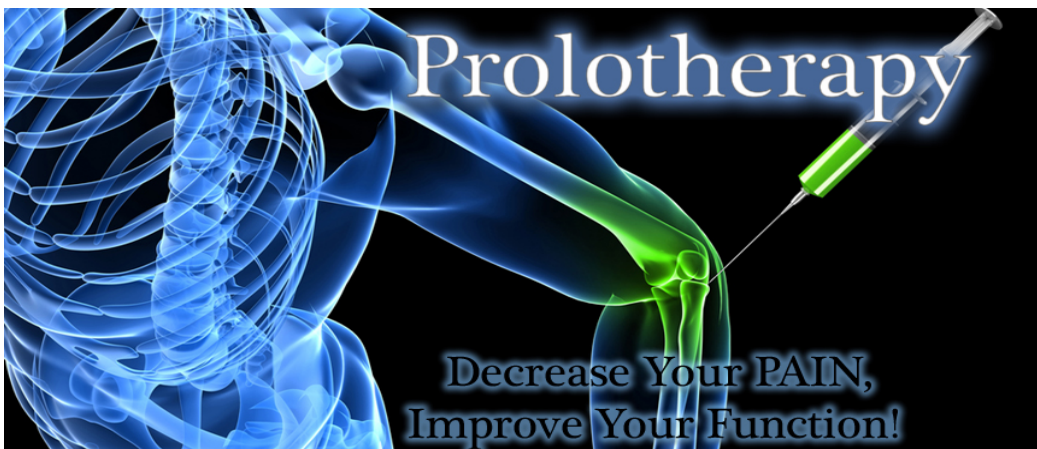


# PROLOTHERAPY

The Body Shop  
Wellness Center  
Dr. Erin Winter



Sports Injuries  
Auto Injuries  
Back Pain  
Knee Pain  
Migraines  
Neck Pain  
Shoulder Pain  
Hip Pain  
Disc Injuries  
Tendonitis  
Arthritis

Prolotherapy: A highly effective, non-surgical medical treatment. Used for over 50 years to resolve ligament and tendon injuries causing pain

#### **What is Prolotherapy?**

Prolotherapy is the natural stimulation of the body to produce collagen and cartilage in injured or overused areas in order to reduce or eliminate pain. Prolotherapy is commonly used for arthritic joints, sports injuries, and other painful conditions.

#### **How is Prolotherapy done?**

Prolotherapy treatment is the injection of an irritant in the painful area or joint that creates a short duration of inflammation. The Prolotherapy rapidly produces collagen and cartilage, the soft tissues of the body, which stimulates the immune systems own healing mechanism. The new collagen and cartilage strengthens and restores joints, and supporting soft tissue, reducing or eliminating many different types of pain.

#### **Is this the same as Cortisone injections?**

No. Medical research has shown that cortisone injections weaken tissue and interfere with the body's healing process. Prolotherapy solutions are called proliferants and cause the ligaments and tendons to be strengthened by stimulating the body's natural healing processes.

#### **Is Prolotherapy safe?**

Prolotherapy is an extremely safe procedure. The risks are far less than taking aspirin or ibuprofen for lifetime to relieve chronic pain. There is at least a slight risk involved in any medical procedure. In Prolotherapy, the risks and side effects will vary depending on the area being treated, and Dr. Winter will discuss these possibilities fully with you during the pre-treatment consultation

#### **How many treatments do I need?**

Every patient will have a different treatment plan; patients generally require between 1 and 6 treatments.

#### **What percentage of patients feel better after Prolotherapy?**

80-90% of patients experience pain relief after Prolotherapy.

#### **Once I am healed by Prolotherapy, will that healing last forever?**

Since we can continue to "wear out" or be reinjured, it is impossible to predict how long your healing will last. Sometimes patients come back a year or more later for a "booster" procedure in the same area. It really depends how well you take care of yourself.

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## **What is a Naturopathic Doctor?**

Naturopathic Doctors are clinically trained and medically licensed physicians that use natural medicine first and by choice. Most Naturopaths treat as Primary Care Physicians and work well with other healthcare providers.

Naturopaths base their treatments on the 6 Naturopathic Principles:

- First Do not Harm: Utilize the most natural, least invasive and least toxic therapies.
- The Healing Power of Nature: Trust in the body's inherent ability to heal itself.
- Discover and Treat the Cause: look beyond symptoms to the underlying cause.
- Treat the Whole Person: View the body as an integrated whole in all its physical and spiritual dimensions.
- Physician is a Teacher: Educate patients in steps to achieving and maintaining health.
- Prevention is The Best Cure: Focus on overall health, wellness, and disease prevention.

## **About Dr. Erin Winter, NMD**

- Dr. Winter is a licensed primary care Naturopathic physician that utilizes the most recent medical research with traditional natural therapies to create treatment protocols tailored to each individual's needs and ability.
- Dr. Winter is an Arizona native that graduated from Northern Arizona University with a B.S. in Exercise Science. Her continued interest in the abilities of the human body lead her to study and receive her doctorate from the Southwest College of Naturopathic Medicine. Her passion for pain management and optimal nutrition lead her to receive specialty education in Prolotherapy from the AOAPRM and in IV therapy from IV Nutritional Therapy for Physicians.
- Dr. Winter is also a current member of the Arizona Naturopathic Association. Dr. Winter now focuses her practice on anti-aging medicine and pain management. Her expertise in Clinical Nutrition, Prolotherapy, IV Therapy, Botanical Medicine, Acupuncture, and Bio-identical Hormones has made her successful in treating a variety disorders.
- In her free time Dr. Winter enjoys cooking, hiking, yoga, rock climbing, and spending time with family and friends.