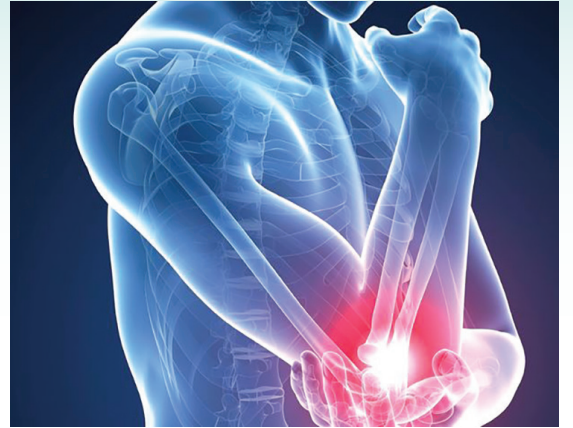




## Understanding Prolozone

From the American Academy of Ozonotherapy website



Prolozone® is a homeopathic/oxygen-ozone injection technique developed and pioneered by Dr. Frank Shallenberger. It is excellent for all forms of musculo-skeletal and joint pain including chronic neck and back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs, and shoulder and elbow pain. Because in many cases Prolozone actually corrects the pathology of the disorder, there is a 75% chance for the chronic pain sufferer to become permanently pain free.

Prolozone is a form of non-surgical ligament reconstruction and is a permanent treatment for chronic pain. Prolozone is a connective tissue injection therapy of collagen-producing substances and ozone gas which can reconstruct damaged or weakened connective tissue in and around joints. These substances are injected into the damaged connective tissue in and around a joint to rebuild the damaged areas.

By repairing the connective tissue, this is all that is needed to permanently reverse chronic pain.

Prolozone Therapy is an injection technique similar to Prolotherapy that uses ozone. The use of ozone causes the joint to heal much more quickly than in traditional Prolotherapy. This is because ozone is a highly reactive molecule and when injected into a joint capsule, it is able to stimulate the fibroblastic joint-repairing abilities.

Prolozone is derived from the word ozone and the Latin word "proli" which means to regenerate or rebuild. It literally means rebuilding tissues with ozone. It is important to understand what the word Prolozone actually means. "Prolo" is short for proliferation, because the treatment causes the proliferation (growth, formation) of new ligament tissue in areas where it has become weak.

Ligaments are the structural "rubber bands" that hold bones to bones in joints – acting like the body's shock absorbers. Ligaments can become weak or injured and may not heal back to their original strength or endurance. Ligaments will also not tighten on their own to their original length once injured. This is largely because the blood supply

to ligaments is limited, and therefore healing is slow and not always complete. To further complicate this, ligaments also have many nerve endings, and therefore the person will feel pain at the areas where the ligaments are damaged or loose.

We can think of our joints as the hinge on a door. Until the hinge is fixed, the door just isn't going to open or close right, and it's the same exact story with our joints. If we are athletic or if we are just getting older, there is some gradual and natural degeneration of the moving parts of the body due to ongoing recurrent mechanical stress, and failure of tissues to repair. This can come from lack of nutrients, lack of circulation, aging and inflammation. When this happens the ligaments, tendons, and cartilage become dehydrated and weaker. This results in laxity and more abnormal mechanical stress and shearing forces on the joint. Abnormal shearing forces and torsion cause more joint dysfunction. This leads to a progressive separation of the ligaments from the superficial covering on the bone called the periosteum. This pulling on the periosteum creates a space, which the body fills in with new bone. These new parts of bone are called osteophytes. They are the premier signs of degenerative arthritis in and around the joint. Osteophytes and joint laxity result in a reduced range of motion, which causes strain on surrounding muscles, which then become either over- or under-worked leading to more dysfunction and pain.

Prolozone causes repair and tightening of the lax structures, partially torn connective tissue and ligaments. Prolozone halts the pain/inflammation cycle. This allows for better circulation, increased blood flow carrying nutrition, and hydration of the damaged tissues. This allows for a healing environment within the joint to develop and results in increased range of motion and decreased pain and inflammation.

**Just about every joint can be injected and with minimal discomfort.**

Costs are also reasonable and significantly cheaper than Prolotherapy, PRP and Stem Cells with comparable results in non-severe cases.

**Contact Dr. Bartiss at ICAM to see if you may benefit from the protective and reparable properties of Prolozone Therapy.**



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**Mark James Bartiss, MD** is a medical writer, lecturer, and author, and is recognized as a top ten specialist in the field of Bio-Identical Hormone Replacement Therapy (BHRT). He has helped numerous individuals take their lives back and reclaim their health.

**REMEMBER... When it comes to your health, you do have options and a choice.**

