

## Halifax Therapy

Halifax Therapy - A typical treatment for chronic soreness is known as prolotherapy or nonsurgical ligament reconstruction. It's helpful in treating troubles like back and neck pain, fibromyalgia, chronic tendonitis, sports injuries, unresolved whiplash injuries, sciatica, herniated or degenerated discs, arthritis, TMJ, partly torn ligaments, tendons and cartilage.

What is prolotherapy? It's first necessary to acknowledge what the word prolotherapy itself means. ``Prolo`` is short for proliferation. The treatment causes the growth, formation or proliferation of new tissue in areas where it has become weak and usually where the pain is present.

The structural "rubber bands" that hold bones to bones in our joints are referred to as ligaments. Ligaments when injured or weakened may not heal back to their usual strength or endurance. This occurs largely because the blood flow to ligaments is restricted, and therefore healing is gradual and never always complete. Ligaments even have multiple nerve endings and this allows the person to sense throbbing on the areas where the ligaments are weak or injured.

Tendons are the term given to tissue which connects muscle tissues to bones. In the exact same method tendons may also get damaged, and cause pain.

Prolotherapy makes use of a dextrose or sugar water solution, that's injected into the tendon or ligament where it connects to the bone. This jab causes a localized inflammation inside these weak parts. The blood flow increases because of this and the circulation of nutrients stimulates the tissue to restore itself.

As history points out, Hippocrates was the first to utilize this kind of therapy on soldiers who had dislocated or torn shoulder joints. He would inject a hot poker into the joint and it'll heal normally. The principle is similar right now, initiating the body system to restore itself.

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

Response time for treatment varies from person to person because of our own individual therapeutic ability. The normal number of therapies is four to six for an area addressed, though some may have 10 or more and some could only take a few therapies before they feel better. The very best thing to do would be to have a consultation by a trained physician ahead of time to make sure you are a suitable candidate. After therapy commences, the doctor can relate how well you are responding and could provide an exact estimate.