

## Norfolk Therapy

Norfolk Therapy - A typical remedy for chronic soreness is named prolotherapy or nonsurgical ligament reconstruction. It is helpful in treating issues like back and neck soreness, fibromyalgia, persistent tendonitis, sports wounds, unresolved whiplash injuries, sciatica, herniated or degenerated discs, arthritis, TMJ, partially torn tendons, cartilage and ligaments.

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

The structural "rubber bands" that hold bones to bones inside our joints are called ligaments. Ligaments when injured or weakened might not heal back to their usual endurance or strength. This happens largely as the blood flow to ligaments is limited, and therefore healing is slow and never always complete. Ligaments even have numerous nerve endings and this enables the person to sense throbbing at the areas where the ligaments are weak or injured.

Tissues that connects muscle tissues to bones are termed tendons. Also, in exactly the same manner tendons usually get injured and produce pain.

Prolotherapy makes use of a sugar water or dextrose mixture, that's injected into the tendon or ligament where it connects to the bone. This injection brings about a localized inflammation within these frail areas. The blood supply will increase because of this and the flow of nutrients stimulates the tissue to repair itself.

History shows that Hippocrates first utilized a version of this therapy on soldiers who had torn or dislocated shoulder joints. He jammed a hot poker inside the joint and it will then cure normally. The principle is the same these days, initiating the body system to repair itself.

How long is it going to take to complete a course of therapies?

Response time for treatment ranges from individual to individual owing to our own individual healing capability. The average number of therapies is four to six for an area addressed, though some might have 10 or more and some might only take a couple of treatments before they feel better. The best thing to do is to have a consultation by a trained physician beforehand to make sure you are a suitable candidate. After therapy starts, the physician could relate how well you're responding and can provide an exact estimate.