

## PROLOTHERAPY SUCCESS STORY

Name:

Date: AUG 2007

Briefly describe your condition and life prior to prolotherapy:

Had back pain problems for 30 yrs. Have done office work for 43 yrs (sitting/typing). For about 20 yrs used Chiropractic regularly, which we know is only temporary relief. 2 or 3 times I also had severe sciatica, both legs, different years. Had a cortisone injection once and it helped, but don't like putting "poison" in my body. The other time I had about 3 treatments of Rolfing (extreme deep massage, very painful) but that did relieve the months of extreme pain down my leg. -2003- started out with extreme chronic stabbing pain in shoulder-blade/spine area. I tried every method I could find to feel normal again: included Structural Integration Massage, Hellerwork Method, acupuncture, acupressure, and regular deep massage. Nothing worked. Finally came across Prolotherapy on-line. I was desperate! After 8 mo. of severe pain, began Prolotherapy injections.

Please share any successes you've had with your condition as a result of your prolotherapy:

Aug 2003, Made appt and met Dr Donna. After 4 prolotherapy injection treatments, by the end of Oct, the severe stabbing pain was gone! Thank you Dr Donna!  
In 2004/2005, had some other areas treated, because I decided to strengthen other ligament areas, lower back, ankle. Prolotherapy always works!  
Mar 2007, right side of my Neck developed chronic pain. In Apr started Prolotherapy injections, and after 4<sup>th</sup> treatment, once again, the pain was gone!

My deepest thanks goes to Dr Donna Alderman and her staff for keeping me pain free!

Signature: \_\_\_\_\_

Okay to publish DA  
(please initial)