

## PROLOTHERAPY SUCCESS STORY

Name: [REDACTED]

Date: 5-1-2008

### **Briefly describe your condition and life prior to prolotherapy:**

In June 2006 I began experiencing intense pain in the bony outer area of my right elbow. Simply actions like opening a water bottle or lifting a coffee mug were painful. I was referred to a sports medicine DO within my HMO who diagnosed me with lateral epicondylitis (*tennis elbow*). I was told this is a repetitive stress injury caused by working on a computer. I was sent me home with a wrist brace, exercise sheets and was told to apply ice and take ibuprofen for pain. After following these instructions for a couple months the pain worsened and function in my arm became even more restricted. At that time I was told a cortisone injection would help me by decreasing the inflammation inside my elbow joint. After 3 months the pain returned more intensely than it was before. After a second cortisone injection and 3 months of physical therapy the pain once again returned even worse than before. At that time the doctor recommended I go on disability and seriously consider changing my career to something that didn't require using a computer. I strongly disagreed with this course of action. The doctor wrote the words "prolotherapy" on a piece of paper and handed it to me. He told me he had heard good things about the technique but that he did not administer it himself. That same day I began researching prolotherapy online and each article I read led me to Dr. Donna Alderman.

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

When Dr. Alderman first examined me she told me I was an ideal candidate for prolotherapy. She quizzed me pretty hard to make sure I knew what to expect from the treatments. After being in pain for so long and fearing I might have to leave a career I love, I was ready to begin! Dr. Alderman recommended a 6 month prolotherapy treatment plan which I started in November 2007. While I didn't see marked improvement right away, Dr. Alderman explained that multiple cortisone shots can severely weaken tendons which can prolong success. After the third month of injections I started to feel a difference in my right arm/elbow and began to regain movement and strength in my right arm/elbow. By March 2008 I had regained 85% mobility/strength and by April I was up to 95% which was when I received my last treatment. Dr. Donna Alderman and prolotherapy were an answer to a prayer.

Signature [REDACTED]

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