EXPERTS IN THE FIELD OF COMPREHENSIVE H3 PROLO THERAPY AND ORTHOBIOLIGICS
Our team has been honored to carry on the wonderful legacy of curing pain with H3 Prolotherapy (Hackett-Hemwall-Hauser) that began in our Oak Park, IL office in the 1950s. Back then, Gustav Hemwall, MD was providing this little-known treatment that he learned at a medical conference from the inventor of Prolotherapy, George Hackett, MD. Dr. Hemwall’s patients traveled from far and wide after hearing about his Prolotherapy technique through word of mouth. Our Medical Director, Ross Hauser, MD, was blessed to join his practice on January 6, 1993 and worked alongside Dr. Hemwall until his retirement. At that time, he asked Dr. Hauser to take over the practice.

In 1997, we first published what has become the most well-known book on Prolotherapy, and currently in its 4th edition: Prolo Your Pain Away! Curing Chronic Pain with Prolotherapy. The book is dedicated to Dr. Hemwall. Many other Prolotherapy books subsequently followed, including Prolo Your Sports Injuries Away! and Prolotherapy: An Alternative To Knee Surgery. Dr. Hauser is continually writing, researching, and publishing new articles and books relating to joint instability, cervical spine disorders, joint hypermobility, and many other conditions, as well as their treatment with Prolotherapy.
Ligaments can become suddenly damaged from an impact injury such as whiplash, conversely, they can also slowly become stretched out over time as in the case of prolonged poor posture (called ligament creep). Both types of ligament injury can lead to joint instability.

Joint Instability: The Missing Diagnosis

Almost all chronic pain with a structural cause is due to joint instability, the real, and often missing, diagnosis! Ligaments are what stabilize our joints. They are an integral part of the musculoskeletal system, as they connect bones together to give our joints stability. During normal use, ligaments gradually stretch when under tension, then return to their original length when the force is released, similar to how a rubber band or spring works. However, when they stretch too far or too long, they do not return to their original shape and remain stretched-out or loose. This ligament laxity causes a joint to be unstable, weak, and puts all of the structures in and around the joint at risk of becoming damaged. This weakened or damaged tissue causes pain.

Nearly every chronic pain condition is due to joint instability caused by ligament injuries.

Ligaments can become suddenly damaged from an impact injury such as whiplash, conversely, they can also slowly become stretched out over time as in the case of prolonged poor posture (called ligament creep). Both types of ligament injury can lead to joint instability.
Most Treatments Don’t Resolve Joint Instability

Did you ever wonder why so many traditional treatments miss the mark on long-term pain resolution? Most treatments focus on the symptoms of joint instability, such as calming muscle tension and spasms, reducing swelling, shaving bone spurs, cushioning or bracing the painful joint. These treatments can help temporarily, but to cure the pain, joint instability needs to be treated with comprehensive H3 Prolotherapy.

Sometimes you just have to walk down a different road to get where you want to go!
Prolotherapy is the Screwdriver that Tightens the Body’s Loose Hinges

The best solution for a loose hinge on a cabinet door is a screwdriver to tighten the loose screws. If we do not tighten the first loose screw, not only will other screws of that hinge become loose but so will the next hinge and so on. The same process occurs in the body when one simple ligament injury sets into motion a series of destructive joint forces. Prolotherapy stops this progressive joint destruction by acting as a screwdriver for loose joints.

This graphic illustrates the similarities between a loose hinge on a cabinet door and the loose ligaments that hold a joint together. Prolotherapy, like a screwdriver, tightens the loose area.
Prolotherapy or Progressive Joint Degeneration? The Choice is Yours!

If left unchecked, destructive joint forces ultimately result in massive joint cell death, or gangrene. The word “degeneration” signifies tissue cell death, including the loss of cartilage cells. Joint cell death results in concurrent loss of tissue strength and function, including a decreased ability to repair tissue and joint damage. Comprehensive H3 Prolotherapy initiates the healing cascade, ultimately restoring joint health.
Prolotherapy is a regenerative treatment involving the injection of a mild irritant solution into joints where injured ligaments and tendons attach to the bones. The solutions induce the local inflammatory response necessary to activate the immune system to initiate tissue repair. Because pain is an indication of tissue damage, the pain can be eliminated permanently as the tissue heals after the Prolotherapy treatment series.

The term “Prolotherapy” was first used by George Hackett, MD, and named from the word “proliferate”, which means to rapidly grow new cells. These newly created cells can cause hard-to-heal areas, such as ligaments, to repair, strengthen and tighten over time, restoring a painful, unstable joint, into a stable and healthy one.
Types of Prolotherapy

Prolotherapy utilizes various proliferants, including hypertonic dextrose and a patient’s own cells to stimulate the normal healing cascade in the body. This is how tissues, such as ligaments, proliferate and strengthen. Caring Medical uses a variety of regenerative techniques:

- **Traditional Dextrose Prolotherapy**: Stimulates healing of injured tissues.
- **Lyftogt Perineural Injection Treatment™ (Neurofascial Therapy)**: Normalizes nerve function.
- **Nerve Release & Regeneration Injection Therapy**: Freeing compressed nerves and stimulating their repair non-surgically.
- **Platelet Rich Plasma (PRP) Prolotherapy**: Injecting the patient’s own platelets, growth factor warehouses, to create a healing environment in the joint.
- **Caring Cervical Realignment Therapy**: Normalizing the cervical curve by wearing head and/or chest weights.
- **Stem Cell Prolotherapy**: Utilizes the patient’s own bone marrow and/or fat cells to induce repair.

Individualized treatment plans are key to our patients’ success! Because we treat all areas of the body and utilize a variety of tools, our providers are capable of helping advanced and complex cases.
The progression of joint degeneration typically correlates with the type of Prolotherapy solution chosen for treatment.

The **POWER** of Cellular Prolotherapy

Using cells from a patient's own blood (PRP), bone marrow or lipoaspirate (progenitor or stem cells), is a powerful ally in the fight against pain. The progenitor or stem cells found in these solutions contain tremendous regenerative capabilities in that they can change into the specific cells needed by the body.
Guiding the Future of Prolotherapy

Using state-of-the-art musculoskeletal ultrasound and Digital Motion Imaging (DMX), joint instability as well as torn or degenerated ligaments, tendons, and other joint structures, can be seen. We utilize these technologies to help accurately diagnose conditions, guide treatments, and track improvement through the treatment series.

Anterolisthesis of neck. This digital motion x-ray depicts multi-level anterolisthesis of the C4-C7 vertebrae. This patient’s symptoms were increased significantly with work that required neck flexion (i.e. computer work) which correlated with this scan. Her symptoms resolved after five Prolotherapy treatment sessions to the injured ligaments.
H3 Prolotherapy Works!

Caring Medical’s H3 Prolotherapy treatment series involves treating all of the appropriate joint instabilities and optimizing appropriate forces on the injured structures throughout the healing process. A patient is deemed cured of pain when three criteria are met:

1. 90+% of the symptoms are relieved.
2. Patient is back to full activity.
3. There is objective evidence that the joint instabilities are resolved.

Even end-stage osteoarthritis, where most patients were told by a prior physician that surgery was necessary, including joint replacements, the results with Prolotherapy were spectacular.

<table>
<thead>
<tr>
<th></th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain at rest</td>
<td>4.58</td>
<td>0.25</td>
</tr>
<tr>
<td>Pain with activities of daily living</td>
<td>5.88</td>
<td>0.38</td>
</tr>
<tr>
<td>Pain with exercise</td>
<td>6.33</td>
<td>0.86</td>
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</tbody>
</table>

Prolo Your Pain Away!

Our team has used Prolotherapy to successfully treat a wide array of chronic musculoskeletal conditions:

- ACL Injury
- Ankle Injury
- Arthritis
- Back Pain
- Bunions
- Carpal Tunnel
- Cervical Instability
- Chondromalacia Patella
- Complex Regional Pain Syndrome
- Degenerated Discs
- Ehlers-Danlos Syndrome
- Elbow Pain
- Headaches
- Herniated Discs
- Hip Pain
- Joint Instability
- Knee Pain
- Labral Tears
- Ligament Sprains
- Meniscus Tears
- Migraines
- Neck Pain
- Plantar Fasciitis
- Post-Surgery Pain
- Radiculopathy
- Rotator Cuff Tears
- Runner’s Knee
- Sacroiliac Pain
- Sciatica
- Shoulder Pain
- Slipping Rib Syndrome
- Spinal Stenosis
- Spondylolisthesis
- Sports Injuries
- Subluxations
- Tendinosis/Tendonitis
- Tennis Elbow
- TMJ Syndrome
... and a host of others!
H3 Prolotherapy is a winner against sports injuries!

- Heal sports injuries quickly, including meniscal tears, rotator cuff tears, labral tears, tendinitis/tendinosis, plantar fasciitis, runner’s knee, and many more!
- Eliminate the need for career-altering surgeries.
- Decrease the risk of injuries becoming chronic and developing degenerative conditions.
- End the need for harmful and body altering pain killers, such as NSAIDs, cortisone shots, and narcotics.
- Continue to exercise and maintain fitness levels while injured tissue is repairing.
Until you have lived with chronic, disabling pain, you have no idea the toll that it takes on your life. This can include negative effects on relationships, jobs, sense of hope and self-worth. Additionally, the physiological changes that occur in the body are devastating, as well as the increased risk of death if you become disabled. But there is hope! We believe “all things are possible” and, in our experience, joint instability is the missing diagnosis for most chronic pain cases and H3 Prolotherapy is the most effective method to turn the tables on pain and disability.

Our goal is to keep you active for life!

We provide you with a comprehensive, individualized treatment program that will stimulate your body to heal so that you can get back to living a full and active life without the need for long-term pain medications, steroid shots, or unnecessary surgeries!
We are experts in Prolotherapy.
With over 100,000 Prolotherapy treatments performed, our practitioners are among the most experienced in the world, treating patients with nearly every imaginable pain condition. We are also the most published Prolotherapy clinic in the world.

Our H3 technique is comprehensive.
We understand that for long-term repair of joint instability and hypermobility syndromes like Ehlers-Danlos syndrome, the entire area needs to be addressed. Therefore, you will receive a more complete treatment, not just a couple injections. This is true comprehensive H3 Prolotherapy!

We are patients and athletes ourselves.
Our Prolotherapists are athletes and Prolotherapy patients themselves. We understand what athletes need and their desire to continue to train and participate in sports. If you have been told that you should quit your sport, call us first!

Prolotherapy is time and cost effective.
Compared to expensive tests, surgery, post-op physical therapy, and ongoing chronic pain care, Prolotherapy is very cost effective. Compared to losing months or years trying to navigate the local healthcare systems while being unable to work, play sports, or be active, Prolotherapy treatments are a much better option!

Our providers will help you determine the best treatment options to relieve your chronic pain and preserve your long-term joint health. Being an independent facility means we are not subject to the red tape and limited treatment options offered by insurance companies or influenced by pharmaceutical incentives. Patients who are sick and tired of living in pain find this approach to medicine very refreshing and straightforward!
Ready to fix the Pain? **CONTACT US**

TO SEE IF YOU ARE A CANDIDATE FOR OUR TREATMENTS

H3 Prolotherapy | Caring Cervical Realignment Therapy (CCRT) | Stern Cell Therapy
Nerve Release and Regeneration Therapy (NRRIT) | Neurofascial Prolotherapy
Platelet Rich Plasma (PRP) | Digital Motion X-ray (DMX) | Musculoskeletal Ultrasound

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The statements in this brochure have not been evaluated by the AMA, FDA, or any government body. Every person with a painful condition should make decisions on health care with the aid of their personal physician.