



Center for
Traditional
Medicine P.C.

Oregon Regenerative Medicine

Arthritis of the Neck and Spine, Prolotherapy and PRP to the Rescue

Practicing Prolotherapy and PRP in Portland Oregon and Lake Oswego for over a decade, I've treated more degenerative neck arthritis and spine pain than any other condition. No wonder, as nearly everyone over 40 years of age is affected to some degree. Yet in spite of its frequency, there is almost complete silence on the benefits of Prolotherapy and PRP on neck and spine arthritis. Patients are told that their arthritis of the spine cannot be helped, and certainly not healed. They are prescribed ever-increasing doses and strengths of pain and anti-inflammatory medications. And just as they were told, the condition gets progressively worse. Most resort to palliative care with drugs, surgery or chiropractic.

"Arthritis of the neck is treatable. Prolotherapy and PRP for neck arthritis provides relief to most of the people willing to give it a try."

Patients are plagued by neck pain and back stiffness, not only in the vertebrae, but also in the supporting cast of muscles striving to splint the unstable structure. Their necks and backs are stiff and refuse to move in their fully intended range. They often have received temporary benefit from Chiropractic manipulation, but even this loses its effectiveness over time. Many patients have developed referred pain or numbness into their shoulders, arms hands and legs , and some have had surgery to remove the spurs or bone in attempts to open the foramen where the nerves course. Others had laminectomies to remove the weakened and bulging disks. Most continue to be in chronic pain.

"Prolotherapy and PRP can and does strengthen lax ligaments, restoring and stimulating capillary blood flow to the connective tissues."

When I look at these X-rays and examine the patient, what I find is a neck that is no longer supported by its essential web of ligaments and connective tissue. As the ligaments weakened, calcification invaded the tissues, and the joint began to lose its range of motion. Next, muscles began to spasm in an attempt to stabilize the joint. As movement was restricted, blood supply waned, and hypoxic tissue responses led to further desiccation and brittleness. As the connective tissue weakened, it became over stretched, inflamed and lax. The body attempted to solve this problem with calcified deposits, and spurs were formed.

"I often find that andropause, low testosterone, and back and neck pain go together"

When I think of the mechanism of the disease, I also think of the treatments that can stop or in some cases reverse this process. We are fortunate because in Oregon, Prolotherapy and PRP at The Center for Traditional Medicine is cost effective. After Prolotherapy, the neck and back move more freely without pain. Neck stiffness, arm pain and weakness begin to clear up. Trigger point therapy relaxes the muscle bundles in the neck and takes much of the pressure off the nerves as they course through the neck and shoulders often relieving the pain and numbness in the muscles of the arms and hands. Nutritional support provides the raw materials for healing, and since PRP Prolotherapy and trigger point injections enhance circulation, these nutrients can be delivered to the cells in need.

For men, I often find that andropause, low testosterone, and back and neck pain go together. For these men, bio-identical testosterone and testosterone pellet implants can make a difference in pain and muscle strength.

Arthritis of the neck and spine is treatable. Prolotherapy and PRP for arthritis of the spine provides relief to most of the people willing to give it a try.