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“Prolotherapy is a recognized orthopedic procedure that stimulates the body’s healing processes to strengthen and repair injured and painful joints and connective tissue. When ligaments or tendons are stretched or torn, the joint they are holding destabilizes and can become painful. Prolotherapy, with its unique ability to directly address the cause of the instability, can repair the weakened sites and produce new collagen tissue, resulting in permanent stabilization of the joint.” J. Lowe

“Ozone therapy is a medical treatment that uses activated oxygen (ozone) to treat many acute and chronic diseases. It is a biological response modifier that increases oxygen utilization, stimulates Redox pathways, optimizes mitochondrial function and improves cellular health. It can be applied topically, infused into the blood and tissue through various means, or introduced into a fluid or oil which acts as a carrier.” J. Lowe

“ Prolozone is a technique that combines the principle of neural therapy (a form of alternative medicine in which local anesthetic is injected into certain locations on the body to treat pain and illness), prolotherapy and ozone therapy. It involves injecting combinations of procaine, anti-inflammatory medications, homeopathics, vitamins, minerals, proliferatives and oxygen/ozone gas into degenerated or injured joints and into areas of pain.” Dr. Frank Shallenberger Prolozone techniques are very remarkable as damaged tissue can be regenerated and untreatable pain can be permanently cured.

Oxygen is fundamental to life. The oxygen we breath is O<sub>2</sub>, two oxygen atoms that share an electron. It is the stable form of oxygen that exists in the atmosphere. Ozone, which is O<sub>3</sub>, consists of 3 oxygen atoms sharing an electron. O<sub>3</sub> is an unstable molecule but very powerful. Once ozone is generated for a medical application, it must be used quickly because it will strive to return to the more stable O<sub>2</sub> form that we breath. That extra atom of oxygen has powerful effects.

Ligaments and joints are areas of decreased oxygen utilization. With age, circulation to those areas is reduced further compromising oxygen utilization. Decreased oxygen utilization results in an increase in free radical damage, tissue damage and increased inflammation and edema.

All this leads to pain and degeneration. By breaking this cycle, the cells and tissues can regenerate and heal themselves. This is exactly what Prolozone therapy can do. It allows the tissues to get what they need to heal. As the tissue heals, circulation to the area improves, pain resolves and the treatment is complete. Additionally, ligaments can be considered the “rubber bands” that holds bones, joints and intervertebral discs together. If they become injured or weak, they do not heal back to their original strength and tightness. This puts more strain on the area causing pain and arthritis in the bones, joints and discs.

Prolozone therapy is a connective tissue injection therapy of collagen producing substances and ozone gas which can reconstruct damaged or weakened connective tissue in and around joints. Ozone, because it is highly reactive, can increase blood flow and nutrients to the area, stimulate fibroblast and chondroblast activity and encourage repair by increasing available oxygen to the newly formed tissue. Prolozone therapy is excellent for all forms of musculoskeletal conditions, anterior cruciate ruptures, joint pain, degenerative and arthritic hips, knees, shoulders and degenerated discs.

Human patients that get Prolozone therapy describe an immediate decrease in pain by 50-80%. Radiographs show an increase in cartilage thickness in knees treated with Prolozone. Additionally, no side effects have ever been demonstrated from Prolozone injections. Other than the possibility of an allergy to one of the components in the injection, there are no contraindications to its use.