

VOL. 1 | JULY 2021

# STAY IN THE GAME



Newsletter for all our Form & Function Family



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A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

## Why Athletes should receive Prolotherapy for Sports Injuries BY INLAND NATURAL MEDICINE

**By Dr. Ayo Bankole**

Prolotherapy is becoming recognized as an effective treatment for athletic related injuries and has several advantages over conventional approaches. New or old nagging injuries respond equally well to Prolotherapy. Injured ligaments of untreated joints are weaker and have more stretch and laxity, which dramatically increases the risk of re-injury. This leaves the joint susceptible to shearing forces, compromising the cartilage and setting the stage for arthritis. Prolotherapy not only helps athletes get back in action but also helps prevent these long-term complications of unresolved joint injuries.

### **What is Prolotherapy?**

Prolotherapy is a series of treatments that causes the release or proliferation of cells that heal connective tissue. The healing cells release collagen and matrix to repair stretched and torn ligaments, tendons and cartilage. Treatments are applied directly to the site of injury along with the surrounding structures. A prolotherapy syringe may contain a mixture of dextrose and procaine or contain a concentration of the patient's own platelets, called Platelet-rich Plasma (PRP).

Prolotherapy is considered a regenerative treatment because it encourages healing and repair. **How is Prolotherapy different from Conventional Approaches?** Conventional therapies lack the unique regenerative quality of prolotherapy. Prolotherapy heals injured connective tissue, often restoring the joint to its pre-injury state. On the other hand conventional approaches rely on inactivity, immobilization and sidelining the athlete. Typically pain suppression with anti-inflammatories and corticosteroids are prescribed. These medications block the release of healing cells disparately needed to repair the injury. Anti-inflammatories ultimately result in further degeneration.

#### **What kind of Sports injuries does Prolotherapy treat?**

Prolotherapy can treat injuries irrespective of the sport and include jarring impact injuries from contact sports, chronic overuse injuries, sprains and

strains and minor tears. I commonly see and treat injuries of the thumb, elbow and shoulder from golf and tennis. These injuries occur from the combined motion of swinging and the strike impact. Throwing injuries to the shoulders from baseball and football respond well to prolotherapy. Kicking injuries of the groin sustained in soccer and martial arts are well treated with prolotherapy also. The high impact trauma to the feet, ankles, knees and hips sustained in long distance runners is best treated with prolotherapy.

When prolotherapy is offered early in the course of injuries, the athlete can be spared the chain reaction dysfunction of one joint progressing to other joints, further compromising performance and prolonging recovery. Prolotherapy can be used to treat new injuries or old injuries that never properly healed.



#### **Does Prolotherapy treat high grade injuries?**

Clinical evidence and research alike support the use of Prolotherapy not only for sprains and strains to ligaments and tendons but also for connective tissue tears. Clinical research shows Platelet-rich Plasma Prolotherapy accelerates the tendon healing process, improves tendon fiber alignment, and improves the synthesis of type I collagen. None of this can be said of ibuprofen, steroids, or surgery. The obvious benefit is more rapid and thorough healing, decreased pain and faster recovery. Specific injuries well treated with PRP Prolotherapy include injuries to the medial collateral ligament, knee meniscus, labrum tears, tendonopathies, tennis elbow, plantar fasciitis and rotator cuff injuries of the shoulder.

## July's Special Offer: *Pillowise*



This month's promotion is one I'm sure many of you will want to take advantage of. If your sleep isn't where it needs to be, then neither is your recovery from workouts, your mental clarity at work, or your mood in general. The first place to start would be your pillow.

This month, we are offering 10% of 1 and 20% off 2 or more pillows for those that want their whole family to get the gift of good sleep.

There's 3 places where you will always get a return on your investment, your sleep (because that is 1/3 of your life, your footwear (if you've walked a mile in bad shoes, you already know), and your food (after the dopamine hit of a cheat meal wears off, your body will tell you what you already know)

So invest in the best pillow that we will custom fit for you based on the unique measurements of your neck circumference, neck height, and shoulder width, as well as your preferred sleep position and firmness of your mattress.

### Is there down time after Prolotherapy?

A significant advantage of Prolotherapy over conventional approaches for athletic injuries is the greatly diminished downtime during recovery. Because the standard approach of rest, ice, immobilization, compression and elevation alone hamper blood flow, oxygen, and to the injury, healing is delayed. The approach Prolotherapist encourage is gentle, active range moment, movement and exercise. Generally, athletes should continue any appropriate endurance activity, core and balance training during recovery. Athletes should avoid impact activities affecting the treated joint for approximately two weeks.

For most injuries, 3-6 treatments are all that's needed for optimal outcome. Treatments are typically spaced 3-4 weeks apart. Prolotherapy provides athletes a fresh and progressive approach to healing sports injuries. Remarkably the treatments promote the repair of injuries thus providing a better outlook and outcome compared to waiting for pain to go away while on the side lines.

**For more sports injury tips like this, click here to download our FREE tips report on 7 Secret Recovery "Strategies"!**

**Sports Injuries: 7 Secret Recovery "Strategies"**  
**CLICK HERE**



## Product We Love

### HEATWAVE REUSABLE ICEPACK



Click image  
for link

The product we are featuring this month is the Heat Wave Instant reusable heat pack. With the simple click of the activator within the pack, within seconds you will have a gentle warmth of a 130 degree heat pack!

They are long lasting, portable, and are reusable packs that you can have with you at your sporting events, camping trips or anywhere you would need access to a heat pack.

The Heat Wave pack is MADE IN THE USA, is non-toxic, and made of medical grade materials, allowing you to prep stiff or cold joints and muscles in preparation for use. They can maintain their temperature up to an hour or more if properly insulated.

For the above reasons and more, is why we love the Heat Wave Instant Reusable Heat Pack. It comes in multiple sizes depending on your needs, and can be found on our recommended products page on our website. [www.formfunctionpt.com](http://www.formfunctionpt.com)

## Health Tips and Tricks

### *Importance of Water As We Age*



One of the most underrated things you can do for your body is drinking an adequate amount of water. Researchers have found that as people age we need to drink more water to compensate for the changes in our bodies for temperature regulation. A few things happen in your body as we age concerning hydration, the first being your body doesn't adjust well to the rate of sweat loss and the other being your body doesn't signal thirst in comparison to younger bodies which results in drinking less water.

The older we get the harder it is on our bodies to adjust the rate of sweat loss to prevent further dehydration. This is due to a reduced sensitivity in our aging bodies to elevated concentration levels of salt in the blood, blood osmolarity. One of the other factors contributing to dehydration as we get older is the hypothalamus, our thirst center is not as active as it once was and does not signal to the body that it's thirsty as often so it becomes extremely important to consume water in adequate amounts even when you aren't thirsty.

All this to say: As you get older you need to drink more water. Dehydration can cause muscle pain, fatigue, and heat exhaustion. Evidence has also shown that dehydration puts greater strain on the heart due to an increased heart rate when compared against younger men.

Good hydration does a lot to keep your body functioning. Specifically it keeps the immune system, metabolism, and organs like the kidneys functioning at optimal performance.

Hicks, Tony. "As You Get Older, You Need to Drink More Water. Here's Why." Healthline, Healthline Media, 6 Oct. 2020, [www.healthline.com/health-news/as-you-get-older-you-need-to-drink-more-water-heres-why#Why-body-temperature-matters](http://www.healthline.com/health-news/as-you-get-older-you-need-to-drink-more-water-heres-why#Why-body-temperature-matters).

## Patient Spotlight: Fred Macias



This month's patient spotlight focuses on none other than Fred Macias. This July will mark our year anniversary with Fred, who was referred to us by his girlfriend after she sought us out for treatment with our cold LASER.

Fred has struggled with shoulder mobility problems for some time, as he is in the highly competitive and stressful world of e-commerce that keeps him at a computer and on his phone constantly. Over time he was finding it harder and harder to use his arms for things any more stressful than the keyboard, and was really struggling to get a t-shirt on or even reach across his body to put on deodorant.

With continued maintenance and diligence with his self-care routine, Fred is proving that slow and steady wins the race, and that you can avoid aggressive treatments with steroid injections, medications and surgery, or in his case something called a manipulation under anesthesia, where the doctor stretches your arms while you are unconscious to break the adhesions that are preventing movement. (sounds gruesome right?!)

Even though not all of our sessions are "feel good" spa massage experiences, Fred stays on track because of the results, and progress toward his goals (with a smile on his face)

# Recipe We Love

## Heirloom Tomato Lasagna



### INGREDIENTS

- 6-8 large heirloom tomatoes
- Cooking spray
- 1 15 oz container greek yogurt or ricotta
- 2 eggs beaten
- 2 cups baby spinach chopped
- 1/2 cup fresh basil chopped, divided, plus more for garnish
- 4 garlic cloves minced, divided
- Salt
- Fresh cracked pepper
- 1 Tbsp olive oil
- 1 small onion chopped
- 1/2 lb lean ground beef
- 8 oz white mushrooms chopped
- 2 tsp Italian seasoning
- No-boil lasagna noodles
- 4 oz shredded or grated parmesan cheese divided

### Instructions

1. Preheat the oven to 375° F and spray 13x9 baking dish with cooking spray.
2. Slice the heirloom tomatoes thinly. Arrange some of the slices in a single layer on the bottom of the baking dish and reserve the "prettier" slices for the top of the baking dish. Roughly chop the remainder of the heirloom tomatoes and set aside.
3. In a small bowl, stir together the greek yogurt, eggs, spinach, 2 garlic cloves and 1/4 cup of the basil. Season with salt and fresh cracked pepper.
4. Heat the olive oil in a large pan on medium, then brown the ground beef. Add the remaining garlic, along with the onions, mushrooms, chopped extra heirloom tomatoes and season with the Italian seasoning and remaining 1/4 cup of basil. Add salt and pepper, as desired.
5. In the baking dish with the arranged heirloom tomatoes, add a layer of the lasagna noodles (about 3 or 3 and half), then 1/2 of the greek yogurt spinach mixture and half of the meat mixture.
6. Repeat with another layer of the lasagna noodles, another layer of the greek yogurt spinach mixture and another layer of the meat mixture.
7. Top it off with half the Parmesan cheese, then add a final layer of the lasagna noodles, followed by the remaining sliced heirloom tomatoes and remaining Parmesan cheese.
8. Spray the top of the lasagna with cooking spray, especially the corners to ensure the noodles soften completely. Cover the baking dish with foil and bake for 45 minutes.
9. Remove the foil after 45 minutes and broil for 3 minutes until the cheese is golden and crispy.
10. Garnish with fresh basil if desired. Cut and serve.

### Nutrition

Calories: 184kcal | Carbohydrates: 16g | Protein: 15g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 49mg | Sodium: 190mg | Potassium: 429mg | Fiber: 1g | Sugar: 4g | Vitamin A: 1160IU | Vitamin C: 11.4mg | Calcium: 177mg | Iron: 1.4mg