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STAY IN THE GAME



Newsletter for all our Form & Function Family



Give Your Joints a Boost: Exploring Prolotherapy

Chronic joint pain, lingering tendon discomfort, or recurring ligament injuries can be frustrating. You may have tried medications, physical therapy, or even injections that offered temporary relief but the underlying problem often remains. Pain that doesn't fully resolve can limit your daily activities, interfere with exercise, and impact your overall quality of life. Many people find themselves searching for treatments that not only relieve pain but also support the body's natural ability to heal. With so many options available, it can be difficult to know what might truly make a difference. One treatment that has been gaining attention for its potential to strengthen joints and connective tissue is prolotherapy.

OVERVIEW:

- Give Your Joints a Boost: Exploring Prolotherapy
- Products We Love
- Monthly Offers
- Health Tips and Tricks
- Recipes We Love

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.

What is Prolotherapy?

Prolotherapy, short for “proliferative therapy,” is an injection-based treatment that encourages the body to repair injured or weakened connective tissue. Connective tissue includes ligaments, tendons, and joint capsules which are the structures that provide stability and allow joints to move properly. The treatment typically involves a series of injections containing a natural solution, often sugar-based (like dextrose), into the affected area. These injections create a mild inflammatory response, signaling the body to increase blood flow and cellular activity. Over time, this process encourages tissue repair and strengthening. Unlike medications that simply mask pain, prolotherapy targets the root cause of discomfort, aiming to improve tissue integrity and joint stability.

Who Might Consider Prolotherapy?

Prolotherapy is generally considered for people with chronic musculoskeletal pain or injuries that haven't fully healed with conventional treatments. It's commonly explored by:

- Individuals with persistent joint pain (knees, shoulders, hips, elbows)
- Athletes or active adults with tendon or ligament injuries from overuse or trauma
- People with ligament laxity or joint instability leading to repeated injuries
- Patients experiencing chronic back or neck pain from small ligament or joint issues
- Those looking for alternatives to surgery or long-term medication

It's important to note that prolotherapy is typically a

series of treatments over several weeks or months, rather than a single quick fix

Potential Benefits of Prolotherapy

Prolotherapy offers several potential benefits that make it an appealing option for people struggling with chronic pain or joint instability. By stimulating the body's natural repair processes, it can help reduce pain at its source rather than simply masking it. Many patients report improved joint function and stability, which makes daily activities and exercise easier and more comfortable. Over time, the strengthened ligaments and tendons may also lower the risk of future injury, helping patients maintain an active lifestyle without recurring problems. Because it is a non-surgical, outpatient treatment, prolotherapy provides an alternative for those who want to avoid invasive procedures or long-term reliance on

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
 - Boosted energy, circulation, and oxygenation of blood and tissue
 - Improved sleep quality, blood pressure, and cholesterol levels
 - Balanced immune system and accelerated cell regeneration
 - Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

medications. Ultimately, the therapy is designed to support long-term healing by encouraging the body to repair itself naturally, with treatment plans customized to each individual's needs and goals.

What to Expect During a Prolotherapy Session

A prolotherapy session is generally straightforward and well-tolerated. The process begins with a thorough evaluation, where the clinician reviews your medical history and examines the affected area to determine the most effective treatment approach. During the session, a fine needle is used to inject the therapeutic solution directly into the targeted ligaments, tendons, or joints. Some mild soreness or swelling in the treated area is normal and part of the healing response, usually subsiding within a few days. Because prolotherapy works gradually to strengthen tissue, most patients undergo

a series of treatments spaced several weeks apart. This approach allows the body to repair and build stronger connective tissue over time, which can result in lasting improvements in pain, stability, and function.

How Prolotherapy Fits Into Pain Management

Prolotherapy is part of a growing range of non-surgical approaches aimed at helping the body heal naturally. Many patients combine it with physical therapy, targeted strengthening exercises, and lifestyle modifications to support overall recovery and long-term joint health.

Whether you're managing chronic pain, dealing with a recurring injury, or exploring alternatives to surgery, understanding treatments like prolotherapy can help you make informed decisions about your care.

Chronic pain can be complex, and there are many treatment options available.

Prolotherapy is designed to promote natural tissue healing, improve joint stability, and reduce pain over time. By understanding how it works and the potential benefits, you can have more informed discussions with your healthcare provider about your options.

So there you have it! Chronic pain can be complex, and there are many treatment options available.

Prolotherapy is designed to promote natural tissue healing, improve joint stability, and reduce pain over time. Pain doesn't have to control your life. With the right approach and informed choices, you can regain mobility, strength, and confidence in your body. Knowledge is the first step toward lasting relief.

If you're interested in exploring prolotherapy, we can recommend trusted specialists who provide this treatment. Call us at (888) 619-2885 for more information!

Product We Love

Pulsed Electromagnetic Field Therapy (PEMF)



PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy. Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health. PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

Promos of the Month



A green flyer with a white dotted pattern on the left and right sides. At the top, two gold coins with a shamrock are flanking the text "MARCH PROMO". Below this is a white shamrock icon. The main text reads "\$55 PILATES INTRO SESSION (REG \$65)". At the bottom is the logo for "FORM & FUNCTION PHYSICAL THERAPY" with the tagline "SPORT • INJURY PREVENTION • PAIN • WELLNESS".

MARCH PROMO

\$55 PILATES INTRO SESSION
(REG \$65)

FORM & FUNCTION
PHYSICAL THERAPY
SPORT • INJURY PREVENTION • PAIN • WELLNESS

25% Off Joint NutraCare For First Time Buyers On the Website



The Surprising Benefits of Morning Movement for Your Mind and Body

By: Trevor Field

When it comes to health and wellness, we often focus on diet, sleep, and stress management but one habit many people overlook is morning movement. Starting your day with even a short burst of physical activity can have profound effects on your body, your mind, and your overall well-being.

Why Morning Movement Matters

Our bodies are naturally wired with a circadian rhythm, a 24-hour internal clock that influences sleep, hormone production, and energy levels. Morning activity can help reset this rhythm, signaling to your body that it's time to wake up and be alert. Physical activity in the morning boosts circulation, increases oxygen delivery to the brain, and stimulates the release of endorphins, the "feel-good" chemicals that improve mood and reduce stress.

Even a simple routine, like stretching, yoga, or a brisk 10-minute walk, can increase energy levels, improve focus, and prime your body for the day ahead. Studies have shown that people who engage in morning exercise tend to stick with their routines more consistently than those who exercise later in the day, which supports long-term fitness and health goals.

Physical Benefits

Morning movement jump-starts your metabolism and helps your body burn calories more efficiently throughout the day. Engaging your muscles first thing in the morning improves joint mobility, flexibility, and overall strength. For individuals dealing with chronic pain or stiffness, gentle morning stretching or light exercise can reduce discomfort and improve functional mobility, making daily activities easier.

In addition, early movement promotes cardiovascular health. Activities like walking, jogging, or bodyweight exercises stimulate heart function, improve circulation, and support better blood pressure regulation. Over time, this can reduce the risk of chronic conditions such as heart disease, diabetes, and obesity.

Mental and Emotional Benefits

Exercise doesn't just impact the body, it also has profound effects on mental health. Morning movement reduces stress hormones like cortisol and helps stabilize mood throughout the day. It can also improve mental clarity, focus, and productivity, making it easier to tackle work, school, or household tasks.

For many, morning activity provides a sense of accomplishment that sets a positive tone for the rest of the day. This boost in confidence and self-efficacy can ripple into other areas of life, encouraging healthier choices and a more balanced lifestyle.

Tips to Make Morning Movement Stick

Consistency is key. Start small with five to ten minutes of light stretching or walking, then gradually increase intensity as your body adapts. Lay out your workout clothes the night before, or pair your movement with something enjoyable, like listening to a favorite podcast or music. Tracking your progress, even in small ways, can also help reinforce the habit.

Conclusion

Morning movement may seem simple, but its benefits are wide-ranging. From increased energy and improved mood to better metabolism and joint function, starting your day with activity primes both body and mind for success. By making morning movement a consistent part of your routine, you're not just investing in your physical health, you're cultivating resilience, focus, and mental well-being that can last all day.

Recipe We Love *Thai Peanut Chicken*



Ingredients

- 4 cups water
- 2 cups uncooked white rice
- 3 tablespoons soy sauce
- 2 tablespoons creamy peanut butter
- 2 teaspoons white wine vinegar
- ¼ teaspoon cayenne pepper
- 3 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - cut into thin strips
- 3 tablespoons chopped garlic
- 1 ½ tablespoons chopped fresh ginger root
- 2 ½ cups broccoli florets
- ¾ cup chopped green onions
- ⅓ cup unsalted dry-roasted peanuts

How to Make Thai Peanut Chicken

- Combine water and rice in a saucepan over medium-high heat; bring to a boil. Reduce heat to low, cover, and simmer until rice is tender and liquid is absorbed, about 20 minutes.
- Meanwhile, stir together soy sauce, peanut butter, vinegar, and cayenne pepper in a small bowl; set aside.
- Heat olive oil in a skillet or wok over high heat. Cook and stir chicken, garlic, and ginger in hot oil until chicken is lightly browned, about 5 minutes. Reduce heat to medium and add broccoli, green onions, peanuts, and soy sauce mixture. Cook, stirring frequently, until broccoli is tender and chicken is cooked through, about 5 minutes.
- Serve chicken-broccoli mixture over cooked rice.

Nutrition

Servings Per Recipe: 8

Calories: 360

Total Fat 11g

Cholesterol 34mg

Sodium 410mg

Total Carbohydrate 43g

Dietary Fiber 3g

Total Sugars 2g

Protein 21g

Calcium 52mg