

## **Regenerative Injection Therapy: Part I**

With spring, new life replaces old. Sometimes, change needs a little push, a painful, pruning push. Change is not easy, nor is it always perceived. For example, I am not sure about these global warming changes, but it appears to me that some cold hearts are melting. Often patients enlist my help because they either want to change, or avoid change. Bodies often have a mind of their own, they change and they just begin to fall apart. Tendinosis is a condition of change which is often confused by many physicians. Dr. Nirschl, an orthopedic surgeon described it when operating on painful tendons which never got better with rest, or medications. He found unexpectedly that there was no inflammation. It looked like dead tissue, with poor blood flow, and degeneration. He noted if he cauterized or pruned away the dead tissue, the patients reported improvement in about eight weeks. Normally, after an injury, the body goes through a period of swelling, inflammation, and release of growth and repair factors, which may last days or weeks. Yet, for some people no change occurs, and they do not get better. In my experience, there are no simple answers, but I have found some of the reasons. Because there is no inflammation in these chronic sports injuries, prescriptions for chronic NSAIDS, or injecting cortisone will never break through the absurdity barrier. Most people involved in sports care have heard of prolotherapy, or regenerative injection therapy (RIT). Over the last six years, I have treated well educated Olympic, professional and even student athletes with RIT. This simple, but elegant process of treatments is done with injections of natural substances into the degenerative areas which stimulates changes and repair of weakened ligament, tendons, muscle and fascia. It often fixes a pain syndrome the average orthopedic or pain management physician can not; like groin injuries, unstable ankles and arches and chronic knee weakness, to name a few. Both clinical and experimental electron microscopic studies have proven RIT can change the old to the new. This empirical treatment goes back to Hippocrates. The idea of helping the body clear away worn, stretched tendons and ligaments is grounded in change. I have been quietly treating people with RIT for 15 years. However, there are few physicians who advocate it, or even take the time to learn about it. Even doctors at the Mayo Clinic use it as a treatment now. The concept of change comes slow in medicine, like hand washing. Do your own homework, and search for your own change.

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Robert Fortier-Bensen, MD is a naturopathic and nutritional physician who provides a different view of sports, orthopedic, and pain medicine using regenerative injection, acupuncture, mesotherapy and nutrition techniques to help repair “bodies falling apart”. His office is located at 723 N. Causeway Blvd in Mandeville. Call 985-626-6174 for more information.