



Prolotherapy: An Alternative to Knee Surgery

Ross A. Hauser

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Having knee problems? Wishing to remain active? Don't remove your knee tissue—Re-build it! Consider Prolotherapy as your alternative to invasive (often debilitating) knee surgery.

Have you ever been told... "You will never be the player you once were." "The only thing we can do is operate again." "We have to consider cortisone as an option." "The rehabilitation process will take a year to 18 months." "The only thing we can offer you is a stronger anti-inflammatory."

What if Mickey Mantle's knees didn't give out so early in his career---what records would he have set? How many Super Bowls would Joe Namath had won if his knees were not so severely damaged? How many more Stanley Cups would Bobby Orr have lifted over his head? Wouldn't he have been the greatest hockey player of all time if he hadn't had such bad knees?

These athletes played in another era when surgical procedures to repair damaged knees were not as sophisticated as those of today. But—what about today's athletes who have had the benefit of the latest in medical surgical science, anti-inflammatories and pain killers? Aren't there still many active people, as well as athletes---famous and not---who have had to give up careers and quality of life because of knee injuries?

This revolutionary book, *Prolotherapy An Alternative to Knee Surgery*, is dedicated to those athletes and active people who have been told, "surgery will no longer be a benefit," "your career is over," and, "arthritis and eventual knee replacement is what you have to look forward to."

Prolotherapy is a simple injection technique that stimulates the body's own repair mechanism to heal injured ligaments, tendons, cartilage and other connective tissues. It has the potential to eliminate 650,000 arthroscopies and 250,000 joint replacements that occur each year to "treat" knee arthritis. Prolotherapy has been saving thousands of people from getting surgery, cortisone shots, and anti-inflammatory medications which do nothing to curb the underlying degenerative process.

Ross A. Hauser, M.D., along with his wife Marion, are authors of the national best seller *Prolo Your Pain Away!* and *Prolo Your Sports Injuries Away!* Ross and Marion are experienced marathon runners and Ross is a triathlete. Both of them use Prolotherapy to keep active in sports.

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