REGENERATIVE INJECTION THERAPY

Prolotherapy vs. Prolozone Therapy: Which Is Right for You?

Two regenerative approaches, one goal — helping your body repair damaged tissue naturally, without surgery or long-term reliance on medication.

OVERVIEW

Two Paths to Natural Tissue Repair

Prolotherapy and prolozone therapy are both minimally invasive, regenerative injection treatments used to relieve chronic pain and restore joint stability. While they share a common goal — activating your body's own healing response — they differ in what's injected and how quickly you can expect results.

01

Prolotherapy

A natural irritant solution, typically dextrose-based, is injected into an injured or painful area. This triggers a mild, controlled inflammatory response that stimulates new collagen formation — strengthening weakened ligaments and tendons over time.

- Chronic low back pain
- Neck pain & whiplash injuries
- Joint instability or hypermobility
- Shoulder, hip & knee pain
- Tendon & ligament injuries
- Arthritis-related pain

02

Prolozone Therapy

Prolozone builds on prolotherapy's foundation by combining regenerative injection with medical-grade ozone (O_3), along with vitamins, minerals, and procaine. The added oxygenation improves cellular metabolism and accelerates repair.

- Osteoarthritis (knee, hip, shoulder)
- Degenerative disc disease
- Sciatica & back pain
- Carpal tunnel syndrome
- Plantar fasciitis
- Sports injuries & chronic soft-tissue pain

SIDE BY SIDE

Key Differences at a Glance

	Prolotherapy	Prolozone Therapy

Primary Component	Dextrose or irritant solution	Ozone gas + nutrient mixture
Mechanism of Action	Triggers mild inflammation to stimulate healing	Enhances oxygen delivery, reduces inflammation, regenerates tissue
Pain Relief Timeline	Gradual, over multiple sessions	Faster onset, often after 1–2 sessions
Ideal For	Ligament or tendon injuries, joint instability	Chronic joint pain, degenerative disease, inflammation
Anti-Inflammatory Effect	Indirect, through tissue repair	Direct, via ozone's natural anti-inflammatory action
Sessions Required	3–6 (varies by case)	2–4 (varies by case)

MAKING THE CHOICE

Which Treatment Is Right for You?

The right choice depends on your diagnosis, pain severity, and health goals. Your chiropractor will help determine the best fit after a detailed examination and diagnostic evaluation.

Choose Prolotherapy If You...

- Have ligament or tendon laxity causing joint instability
- Experience mild to moderate chronic pain
- Prefer a gradual, natural strengthening approach
- Can commit to multiple sessions over time

Choose Prolozone Therapy If You...

- Have advanced joint degeneration or osteoarthritis
- Experience severe or long-standing inflammation
- Want faster pain relief and improved mobility
- Have tried prolotherapy or other injections with limited results

WHY PATIENTS CHOOSE REGENERATIVE CARE

Benefits of Prolotherapy & Prolozone Therapy

Natural Regeneration

Activates your body's own healing mechanisms rather than masking pain with medication.

Long-Lasting Results

As tissue heals and strengthens, pain relief tends to be sustained over time.

Non-Surgical & Minimally Invasive

No general anesthesia, no downtime, and minimal side effects.

Improved Mobility & Function

Restored joint stability reduces pain and improves flexibility and performance.

Personalized to Your Condition

Treatment plans are tailored to your specific injury, pain level, and health status.

Reduced Inflammation & Circulation

Especially with prolozone, oxygen therapy promotes blood flow and reduces chronic inflammation.

Ready to Find Out Which Option Fits Your Recovery?

Schedule a personalized consultation with Dr. Jason Cook to determine whether prolotherapy or prolozone therapy is the right regenerative approach for you.

Schedule a Consultation →

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