

Conditions that can be treated with Prolotherapy:

- Arthritis
- Ankle sprain
- Back pain
- Degenerative arthritis
- Degenerative disk disease
- Foot pain
- Hand pain
- Heel spurs
- Hip degeneration
- Knee injuries
- Low back pain
- Neck pain
- Rotator cuff tear
- Sacroiliac sprain
- Sciatica
- Shoulder pain
- Tennis elbow
- Tendon/ligament injury
- Tension headache
- TMJ dysfunction
- Whiplash injury
- Wrist pain



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Chronic Pain?

**Natural healing
Permanent cure**

PROLOTHERAPY

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Prolotherapy is helpful for what conditions?

The treatment is useful for many different types of musculoskeletal pain, including arthritis, back pain, neck pain, fibromyalgia, sports injuries, unresolved whiplash injuries, carpal tunnel syndrome, chronic tendonitis, partially torn tendons, ligaments and cartilage, degenerated discs, TMJ and sciatica.

What is Prolotherapy?

First, it is important to understand what the word prolotherapy itself means. “Prolo” is short for proliferation, because the treatment causes the proliferation (growth formation) of new ligament tissue in areas where it has become weak.

Ligaments are the structural “rubber bands” that hold bones to bones in joints. Ligaments can become weak or injured and may not heal back to their original strength or endurance. This is largely because the blood supply to ligaments is limited, and therefore healing is slow and not always complete. To further complicate this, ligaments also have many nerve endings and therefore the person will feel pain at the areas where the ligaments are damaged or loose.

Tendons are the name given to tissue which connects muscles to bones, and in the

same manner tendons may also become injured, and cause pain.

Prolotherapy uses a dextrose (sugar water) solution, which is injected into the ligament or tendon where it attaches to the bone. This causes a localized inflammation in these weak areas which then increases the blood supply and flow of nutrients and stimulates the tissue to repair itself.

How long will it take to complete a course of treatments?

The response to treatment varies from individual to individual, and depends upon one’s healing ability. Some people may only need a few treatments while others may need 10 or more. The average number of treatments is 4-6 for an area treated. The best thing to do is get an evaluation by a trained physician to see if you are an appropriate candidate. Once you begin treatment, your doctor can tell better how you are responding and give you an accurate estimate.

Meet the doctor.....



Dr. Yibing Li, the founder and president of Midwest Joint Pain Institute and Center For Pain Management & Rehab., is an interventional Physiatrist. She is American Board Certified in Physical Medicine & Rehabilitation and Small Pain Fiber Nerve Conduction Studies. She is graduated from Shenyang Medical College in China and residency at BJH/Washington University School of Medicine at St. Louis. She has over 15 years of clinical experience in spine and joint pain management. She has special interest and extensive training in regenerative medicine and is one of frontiers in performing Prolotherapy, PRP (platelet Rich Plasma), PRF (Platelet Rich Fibrin), amniotic allograft tissue and bone marrow stem cell therapies in the United States. Dr. Li was also an international speaker at the 2017 World Congress for Stem Cell and Regenerative Medicine held in Berlin, Germany.