

**Regain Your Active Lifestyle  
without medications or surgery...**

## **Want more information?**

Our web site has more detailed information on the procedure as well as a quick test to see if you're a candidate for RIT. There's also a list of patient testimonials and directions to our clinic. In addition, you will find FAQ's and all published research on the technique. You can even submit a scheduling request on-line!

See [www.centenoclinic.com](http://www.centenoclinic.com)

## **Who are we?**

The Centeno Clinic is devoted to providing pain relief without medications or surgery. Our clinic treats patients from all over North America, Europe, and Asia. We are an integrative clinic. This means that we use the best of both traditional and alternative care to provide pain relief.



In addition to RIT, we also offer acupuncture, massage, IMS, traditional spinal injections, manipulation, and many other alternative and integrative treatments.

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# **Regenerative Injection Therapy Natural Healing**

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The Centeno Clinic

Alternative Pain Solutions

## Do you want to be active again?

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Regenerative injection therapy (RIT) or prolotherapy is a natural healing alternative to drugs or surgery.

RIT prompts your body to naturally heal damaged and degenerated tissues. It involves a series of simple injections into the injured area, once a month for 3-6 months. This is not a steroid, which blocks healing, but substances that heal and strengthen the ligaments and joints.

The goal of RIT is to increase your activity level. More activity will allow your muscles to increase their tone and further protect the joints and nerves from injury.

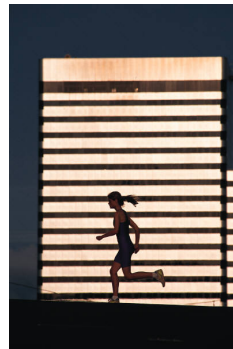


## How does it work?

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RIT works by prompting your body's natural repair mechanisms to heal damaged or degenerated tissues. While most of our daily injuries heal completely, severe ligament tears,

degenerated and worn out tissues, and tissues with a poor blood supply (such as the knee) don't usually mend themselves. RIT first starts by injecting a proliferant into the damaged area. This inflammation causes your body to release its own natural growth factors in the injured tissue. These go to work immediately, directing your body's natural healing mechanisms to repair painful tissues. The first stage of healing usually takes about a week, but the tissue continues to strengthen for 4-6 weeks after an injection.



## What can be treated?

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Research has shown that RIT is very effective for knee pain, low back pain, tennis elbow and arthritic hand pain. Our own experience shows that it's also effective for ankle pain, shoulder pain, elbow pain, neck pain, upper back pain, and hip pain.

## Sugar Fix for Joints and Ligaments?

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The most commonly used solution is hypertonic dextrose. This means that

concentrated sugar water is injected. Since the solution is very concentrated, the body immediately tries to dilute the solution. This causes a brief inflammatory healing response which kicks off a healing cycle.

## Does insurance cover this?

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Depending on your individual plan, this procedure may or may not be covered. In most instances, we will bill your insurer. If there is no coverage, payment is required. Please contact us for estimated costs before you begin treatment.

## What should I expect?

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You should feel numb in the painful area immediately after each shot. This should last for a few hours. For the next few days you should be sore. This is a normal part of the healing process.

## Are there special instructions?

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Because anti-inflammatory medications (Motrin, Alleve, Steroids, all prescription NSAID's) block healing, you must stay off these medications while undergoing RIT. You should remain as active as possible as this will help build stronger tissues.

