

Cost

Trigger Point therapy.....Billed to insurance

Prolotherapy.....\$300.00/Region

Neural Therapy:

Initial Evaluation:

The first neural therapy visit is a one-hour billable office visit, which includes a detailed trauma history review. It is a least an hour long appointment with Dr. Gruber.

In addition to the insurance office visit charge, there is a **\$200 cash payment** required at the time of service for diagnostic mapping and creation of your personalized neural therapy plan.

Follow-Up Visits:

Follow-up visits are a **\$100 cash payment** and includes all neural therapy injections.

In some cases, remapping may be necessary depending on your progress. When this occurs, we may bill insurance for the physician's time related to re-evaluation and planning.

Regenerative procedures, including **Prolotherapy** and **Neural Therapy** are considered elective, out of pocket procedures. **This treatment will be CASH PAY and cannot be submitted to your insurance company.**

While prolotherapy and neural therapy are not covered by most insurances, we encourage you to ask your insurance company if you can submit this for HSA dollars.

As the standard practice, visits relating to an office visit or OMT will be billed based on the doctors time spent with you or regions treated and submitted to your insurance company.



Contact Us

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Injection Therapy

Osteopathy – a system of medicine based on the principle that disturbances in the musculoskeletal system affect other body parts, causing many disorders. These can be treated by various manipulative techniques in conjunction with conventional medical surgical, pharmacological and other therapeutic procedures. The manipulation of the body is gentle stretches and small movements – designed to relax tight areas and help restore normal motion to stiff or “stuck” joints. Osteopathy is NOT Chiropractic, although some of our treatments may look similar, they differ on many levels. Osteopathic treatment is very specific to your own individual condition.

In addition to manipulation, we offer many other services at our office that can assist or correct your condition. Read further to find out more about what we can do to help you.



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What is Prolotherapy?

Used specifically to restart the healing process of tendons, ligaments and joints, proliferative therapy (prolo) has been used for centuries to help the body to restart and continue to repair damaged tissues.

Ligaments are the structural “rubber bands” that hold bones to bones to form 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 patient 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. In the same manner tendons may also become injured, and cause pain.

Prolotherapy uses a dextrose (sugar water) solution and lidocaine (numbing injection) which is injected into the ligament or tendon where it attaches to the bones. 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. It is not a steroid injection, which is anti-inflammatory. Rather, it relies on a healthy immune system to heal the damaged tissue.

The treatment is useful for many different types of musculoskeletal pain including: *

- Arthritis
- Back/Neck Pain
- Fibromyalgia
- Sports Injuries
- Unresolved Whiplash Injuries
- Carpal Tunnel Syndrome,
- Chronic Tendonitis
- Partially Torn Tendons
- Rotator Cuff Injuries
- Meniscus Tears & Other Knee Injuries
- Ligament & Cartilage Damage
- Degenerated/Herniated Discs
- Sprained Ankles
- TMJ
- Sciatica

*Because prolotherapy causes a relative strengthening in the system of the joint, there are several locations (attachment points) which are injected during your appointment. You will likely be sore in this region for a few days. Depending on your response, you may need the process repeated 2-3 times to feel stability in the system.

What is Neural Therapy?

Neural therapy is an injection technique known to provide instant relief of pain, increased motion and return of function for some problems not able to be helped by other methods.

Neural means nerves. Nerves work by having a normal electrical and chemical conduction flow. Nerves monitor and control all the body's parts. Muscles move because of nerve flow to them. The heart beats because of nerve flow controlling it. All of the special senses and internal organs work due to the control of the nerves. The nerve flow is critical to the sensation, function and movement of the entire body.

When nerves become damaged through surgery, injury, burns and so forth, this vital nerve flow is broken. The broken nerve flow is like a short circuit in your house wiring which feeds an abnormal signal back to that circuit box (central nervous system). Pain, lack of motion, loss of function, poor endurance and many other body control malfunctions results from broken nerve flow and remains until the nerves are fixed.

Everyone knows that local anesthetics block pain. The new information is that local anesthetics restore normal nerve flow by chemically resetting the threshold at which they fire. When the nerve flow is restored, the function and energy are corrected. The pain and other sensory problems also improve or resolve entirely. The nerve flow is restored by the exact placement of local anesthetic into and around the precise nerves involved. Neural therapy can help resolve conditions that do not respond to any other form of treatment.

10 Vital Points to Know About Neural Therapy

1. It promotes the body's own natural healing ability.
2. Natural functions of the body are regained.
3. Instant results. Pain decreases and motion and function increases and continues to increase over time.
4. Effective in a wide range of nerve and injury-related occurrences.
5. Can be used as an alternative to surgery or when surgery fails or on new pain following surgery.
6. It is both diagnostic and therapeutic.
7. It can provide a difference approach to your pain management - electrical vs mechanical resolution to your problem.
8. Results are permanent
9. It is very conservative therapy. Does not involve removing body parts, like surgery.
10. No significant side effects.

What are Trigger Point Injections?

A “trigger point” is an irritable, painful, taut muscle band or palpable knot in a muscle that can cause localized pain or referred pain. Referred pain from trigger points can mimic pinched nerves in the neck or low back. They can occur from direct muscle injuries, poor posture, repetitive strain, or secondarily from spine conditions such as a herniated disc.

In the Trigger Point Injection procedure, we insert a small needle into the patient's spastic muscle. The injection contains local anesthetic. With the injection, the trigger point is made inactive and the pain is alleviated. There is typically no steroids involved.