**The Easy Peasy Page – in a nutshell**

**Trigger points** are tight or painful spots in muscles. We release them with needles or with our hands. Sometimes this is all it takes to get rid of pain. Payment: MSP covers the procedure

**Prolotherapy** is a wonderful treatment involving injecting 20% dextrose (sugar water) into joints, ligaments or tendons. Over time it stimulates healing of weak ligaments or arthritic parts of the body so that joints don’t move excessively and so that your body’s framework supports you well. You have injections once a month until the pain subsides: anywhere from 1 – 6 times. Payment: private billing

**Nerve blocks** are injections using local anaesthetic to switch off the painful nerve and break the pain cycle. We also include 5% dextrose (sugar) in these injections, and this has a longer action than the anaesthetic. Payment: MSP covers the procedure

**Perineural injections** work by 5% dextrose calming the nerve’s pain receptors. Once this happens, irritated swollen nerves return to normal size and don’t get stuck as they wind through the body’s tissues. Generally, these injections are repeated for several visits about 5 days apart to give more lasting results. Payment: private billing

**Pain neutralization technique** is a no-needle hands-on treatment. By working on reflexes in muscles it allows them to relax and let go of their painful areas. In general several treatments are needed for lasting results. Payment: private billing

**Platelet rich plasma (PRP)** injections involve taking your blood, spinning it down, and re-injecting the plasma part back into a painful joint. This plasma is concentrated with loads of superpowers - growth factors and substances that stimulate the healing process. This treatment is generally required only once or twice initially, but is more expensive than prolotherapy. Payment: private billing

**Acupuncture** is sometimes added to the above treatments to help with relaxation or anxiety, and occasionally on its own as a treatment for pain. Payment: private billing

**Clinical Hypnosis** is used for therapeutic purposes, for management of physical and emotional pain. Payment: private billing

**Medications** used at your appointment will be billed on a cost-recovery basis.

**Preparation before you come**

Wear casual/loose-fitting/or stretchy clothing so it will be easy to examine you.

For women having upper back injections, please wear a regular bra rather than a sports bra which blocks a greater area of your skin, making it harder to inject.

Bring a hair tie if you have long hair. Fill out the pain scores and bring with you.

Give us 48 hours’ notice if you need to cancel or you may be billed for the visit.

PLEASE come on time – or early if you haven’t filled out the pain score forms. Allow time for traffic and for finding our clinic. We try to keep as much on schedule as possible out of respect for others coming after you.