



OZONE JOINT THERAPY

FREQUENTLY ASKED QUESTIONS

1

Can ozone joint therapy help my broken ankle, heel spur, torn labrum, loose tendons, torn muscle, sprained knee, bone-on-bone, slipped disc, bulging disc, stenosis, artificial joint, fused joint, etc.)?

Yes, due to the natural ingredients of Ozone Joint Therapy, which is known to enable any area of the body to heal. It does this by donating energy to your body and flooding the area with nutrition that gives the body what it needs to heal. It also creates an inflammatory response, which sends our “healing cells” to the area to get to work. Ozone Joint Therapy is a very safe and efficient option.

2

How are these injections different from the cortisone or steroid injections?

Cortisone is used to reduce inflammation in hopes of removing pain but does not carry any healing benefits. This widely overused treatment can be damaging to the joint. Steroids in and of themselves can be hard for the body to process and detoxify. While they do have a purpose, they are not a long-term fix for most joint pain.

3

Do the injections hurt?

Pain levels vary from patient to patient. Most people say that the injection is very tolerable. If you have had a cortisone shot, the experience is comparable (even though the substance is very different). The discomfort seems to depend on whether the patient is in acute pain or not. When a person comes in with a fresh injury or surgery, the injections can be much more uncomfortable. However, the pain does not usually exceed that which the patient already experienced from the injury.

4

Will Ozone Joint Therapy help my joint (knee, shoulder, hip) if it has been replaced?

Yes! Ozone Joint Therapy can be very beneficial for those still suffering from pain following joint replacement for two reasons:

Whenever you have surgery (even laparoscopic), your body undergoes quite a bit of stress. Often the joint specifically is rather rudely manipulated. Many parts of your joint and surrounding tissue get displaced and replaced within a given procedure. When this happens, although the joint itself may be completely false, the adjoining tissues and their functions are disrupted. For many patients, the body is strong, and it heals rapidly and correctly. However, for others, healing may fall short and is to no fault of the surgeon but due to lack of proper nutrition and circulation. Injecting ozone and vitamins will give the joint the “extra” help it needs to heal 100%.

Any surgery or scar disrupts energy and nervous system function. We expect our body will coordinate with our brain to send the proper signals for proper function. However, for many surgery patients, this function does not completely restore. Nerves alone can send wrong messages to the brain signaling unnecessary pain. Each Ozone Joint Therapy injection contains a B-vitamin known as Procaine. Procaine resets the sodium and potassium channels in the body, “re-routing” nerve function, and restoring proper signaling. Nerve disruption alone can be the cause of pain, especially in joint replacement patients where the joint is synthetic.

5

I am scheduled for surgery, should I get Ozone Zone Therapy anyway?

Yes, even before surgery, Ozone Joint Therapy treatment can help in significant ways. It restores integrity to the joint, allowing increased health and healing capability. Ozone Joint Therapy will make for a better surgical outcome with the possibility of less downtime and rehabilitation. Also, post-surgery Ozone Joint Therapy treatments can help to a quicker recovery. Ask your doctor for preferred times — most suggest 2-6 weeks post-op.

6

Are there any contraindications to Ozone Joint Therapy?

Even though Ozone Joint Therapy is a natural, safe method, patients should have a consultation with a doctor first.

7

Is there anything to suggest making the experience as best it can?

Eating a meal high in protein just before the injection is highly recommended. Ozone Joint Therapy, specifically Procaine, can cause a slight drop in blood sugar and a lightheaded feeling. Eating just before will enable the patient to have an “event-less” injection. The patient should also drink water to stay hydrated.

8

How many injections will I need?

Every case is different. The doctor can help pinpoint this answer better after the initial evaluation and first injection to see how the patient responds to the treatment. However, clinic experience shows that the average number of injections is between three and five treatments to see significant results — even though some get better with one or two. With more severe injuries or degeneration, the patient may need six to eight.

9

Will I be able to drive myself home?

Yes. Since Ozone Joint Therapy is a simple, in-office procedure, most patients can go home within 10-30 minutes after receiving the treatment. However, driving will depend on the severity of the injury or degeneration and the condition of the driving patient.

10

Will I be able to go to work the next day?

Although there may be some soreness, the majority of patients can continue with their normal activities within a few hours but need to be kept at a minimum — about 50% — and continually iced for the first 24 hours. Many return to work the same day. Patients should refrain from any activity that is especially hard or unfamiliar.

