



Prolo Your Sports Injuries Away! Curing Sports Injuries & Enhancing Athletic Performance with Prolotherapy

Ross A. Hauser, Marion A. Hauser

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Just as the original book Prolo Your Pain Away! affected the pain management field, Prolo Your Sports Injuries Away! has rattled the sports world. Learn the twenty myths of sports medicine including the myths of anti-inflammatory medications; why cortisone shots actually weaken tissue; how ice, rest, and immobilization may actually hurt the athlete; why the common practice of taping and bracing do not stabilize injured areas; and why the arthroscope is one of athletes' worst nightmares!

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