

I played quarterback/receiver at University of Washington from 1990 to 1994, tight end for the Dallas Cowboys from 1995 to 1999 and the New England Patriots in 2000. I had a chronic case of “turf toe” for about six years. It is a really painful injury and it contributed to pain in my back, knees, and hips due to compensation. I could only wear certain shoes, and it bothered me to walk and while I slept. I had tried all the traditional treatments, including ice, stim, ultrasound, chiropractic, acupuncture, acupressure, orthotics, cortisone shots, and a variety of supplements, with little or no success. I constantly had to use anti-inflammatory medication to play because the pain affected my performance.

My chiropractor suggested I try Prolotherapy. I went through six treatments and have noticed a significant improvement in my condition. It is by far the best my toe has felt in years, and I only wish I had known about Prolotherapy while I was still playing football.

Eric Bjornson, Former Tight End, Dallas Cowboys

