

BOOK REVIEWS

Review of
FREE YOURSELF from
Chronic Pain and
Sports Injuries
By Donna Alderman, DO

Mark L. Johnson, MD, FACS

Dr. Alderman's recent book is a "must read" addition to the growing body of literature about the medical treatment technique, Prolotherapy (also referred to as Regenerative Injection Therapy—RIT). Drawing on her 15 years of experience employing the technique, her substantial knowledge of the medical literature, and wisdom imparted to her by elders in the field, she has produced a book that is accessible and informative for both patients and practitioners.

This book leaves one with the strong impression that, first and foremost, Dr. Alderman cares about her patients. She organizes her book around a large number of actual patient stories. While her book has a strong scientific basis (heavily footnoted and annotated), she starts with real problems in real people to explain why the science is important. She does a particularly skillful job of providing enough references to the scientific literature to give a practitioner confidence that her viewpoints are solidly based on science, while at the same time, not taxing those readers who are not trained in the healing arts—those who are just trying to find a cure for pain and need a layman's understanding of Prolotherapy.

She thoroughly, but concisely, introduces the reader to the basic diagnostic concepts and treatment strategies utilized by Prolotherapists. Through the course of the book the diagnostic dilemma posed by pain originating in connective tissue is highlighted and explained—many patients come to Prolotherapists with one or many incorrect "diagnoses." She highlights various disease conditions that can be treated successfully. Dr. Alderman explains the technique of Prolotherapy, again emphasizing what a person will actually experience while undergoing treatment.

"After just one Prolotherapy treatment, I felt immediate improvement. After five treatments, my neck is fantastic and I am virtually pain free."
 —John Gray, Ph.D., Author of *Men Are from Mars, Women Are from Venus*

FREE
Yourself
from
Chronic
Pain
and Sports Injuries

How Prolotherapy Can
 Help You Become Pain Free

Donna Alderman, D.O.
 Osteopathic Physician and Surgeon

This book may be purchased at www.familydoctorpress.com, and by calling 818.957.3000 for just \$19.95 (plus tax where applicable). Cases of books are available for resale at a reduced price!

She relates her own story—how she was frustrated by the lack of results using "traditional" approaches to various joint and body pains, and how exciting it was to find a treatment technique that consistently provided outstanding results in these same patients. She deals with the issue of skepticism that many people feel examining a treatment that is not universally practiced—her own mother referred to her as the "voodoo doctor"—until Prolotherapy healed her mother's knee pain.

Many people would be helped by this book. It would be an excellent resource in a Prolotherapist's waiting room, or a nice gift for any health professional. It would be particularly suited for our friends and relatives who are suffering needlessly with connective tissue pain. ■



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Donna Alderman, DO
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Dear Dr. Alderman:

Thank you for stopping by AOA Headquarters in Chicago last month. I am sorry that I was not able to meet with you at that time, but I hope you were able to enjoy our building and its benefits to members, such as our library and archives, in addition to your business-oriented presentation before the AOA Committee on Basic Documents and Operations of Affiliate Organizations.

I wanted to thank you as well for sharing a copy of your book, *Free Yourself from Chronic Pain and Sports Injuries*, with me. During this Olympic season, your book seems especially timely. It offers sage advice to athletes of all ages—myself included, as I just completed my first triathlon at age 62! We will keep it on file in the AOA Library and share it with our Public Health Councils for their information.

Best of luck and life to you and yours.

Kindly yours,

John B. Crosby, JD

Great book!

CC: Norman E. Vinn, DO, Trustee
Donald J. Krpan, DO, Past President