

healthcare perspectives

Dr. Cherinor Sillah, MD, Primary Care Sports Medicine and Prolotherapy & Manual Medicine

Dr. Cherinor Sillah, a Board Certified Family Medicine and Fellowship Trained and Board Certified in Primary Care Sports Medicine, recently joined Albany Arthritis and Orthopaedic.

Dr. Sillah is also trained in Prolotherapy & Manual Medicine. His training and experience provide excellent insight into the causes and treatment of pain management.

Please explain exactly what Prolotherapy is.

First, it is important to understand what the word prolotherapy itself means. "Proto" is short for proliferation, because the treatment causes the proliferation (growth, formation) of new ligament tissue in areas where it has become weak.

Prolotherapy is a natural non-surgical method of assisting the body to heal injured or weakened joints, ligaments and tendons. With Prolotherapy, the weakened areas are injected with a solution that stimulates the growth of healthy, strong tissues. As the tendons and ligaments grow stronger and vibrant, the pain is alleviated and motion is restored. The treatment is useful for many different types of musculoskeletal pain including arthritis, back pain, neck pain, fibromyalgia, sports injuries, unresolved whiplash injuries, carpal tunnel syndrome, chronic tendonitis, partially torn tendons, ligaments and cartilage, degenerated or herniated discs, TMJ and sciatica.

How long is each visit?

The first visit is approximately one hour.

Each additional visit is about half an hour unless there is more than one area being treated. You can discuss this with the doctor on your first visit.

How many treatments will I need?

The average person requires 6 treatment sessions given at 2 to 4 week intervals, but the number of treatments varies with each patient. Difficult (post surgical, long standing, etc) or other complicated cases may require 8, 10 or 12 treatments. Many patients feel relief of pain after the 3rd or 4th treatment. Once you begin treatment, your doctor can tell better how you are responding and give you an accurate estimate.



Dr. Sillah is now accepting new patients.

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