

DR. JOHNSON,

I JUST WANTED TO TAKE A MOMENT AND THANK YOU FOR YOUR SERVICES AND THE KINDNESS IN THE WAY THAT YOU PERFORMED THEM. TO THOSE OF YOU NOT FAMILIAR

WITH MY CIRCUMSTANCES, I CAME TO DR. MARK WITH A SEVERELY TORN ULNAR COLLATERAL LIGAMENT IN MY RIGHT ELBOW. I AM A WORLD RANKED MASTERS JAVELIN

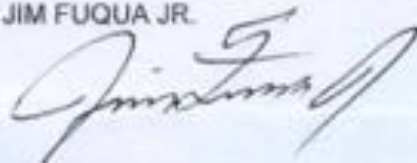
THROWER AND I WAS RENDERED TO NO THROWING AND IF I ATTEMPTED THE PAIN WAS

ALMOST UNBEARABLE. THE ONLY OPTION I WAS GIVEN BY THE MEDICAL COMMUNITY WAS A LIGAMENT GRAFT SURGERY COMMONLY KNOWN AS "TOMMY JOHN SURGERY"

IT TOOK SEVERAL TREATMENTS BUT I BEGAN TO GET SOME RELIEF. AFTER FIVE TREATMENTS I WAS BACK TO WORLD CLASS FORM AND VERY LITTLE PAIN. ON A SCALE OF 1-10 WHEN I FIRST CAME IN MY PAIN WAS AT LEAST A NINE. TODAY WHEN I THROW IT IS BARELY A TWO. MOST PEOPLE IN THE ATHLETIC WORLD ARE AMAZED AT WHAT HAS HAPPENED. I JUST GOT BACK FROM THE NATIONAL CHAMPIONSHIPS WHERE I WAS THE SILVER MEDALIST. I AM CURRENTLY RANKED # 6 IN THE WORLD WITH ONLY 12 FT SEPERATING ME FROM # 1. WITHOUT WHAT DR. MARK HAS DONE FOR ME THIS WOULD NOT HAVE BEEN POSSIBLE. I AM LOOKING FORWARD TO NEXT YEAR

WITHOUT HAVING SURGERY. THANKS AGAIN...AND MAY GOD BLESS.

JIM FUQUA JR.

A handwritten signature in black ink, appearing to read "Jim Fuqua Jr.", with a stylized flourish at the end.

From 2002 till May of 2006 my life was dictated by pain. After my hip replacement in 2002, my pain started. I went on a rollercoaster ride trying to find an answer to why there was pain concerning my hip and back. Along with the different doctors, all the different tests that I endured, and with physical therapy, my pain never subsided. At different times, I used pain patches, wore a Tens unit, had epidural steroids and trigger point injections.

January 2006 started out by going to doctors and having more tests. I was told I would need back fusion. It would require several days in the hospital and weeks of therapy and months to get over. I had to make a decision on surgery, and if it would really get rid of the pain. I had stenosis surgery on my back in 2003. My back still gave me pain. I also had my knee scoped in 2005 and both my back and knee still gave me pain. With all the previous surgeries that I have had, nothing seemed to relieve any of the pain. Because of this, I was not in any hurry to have the back fusion surgery. I was at the end of what to do, either have the surgery or live with the pain.

I called the doctor's office in April to set up the back fusion surgery. I waited for them to call me back, when they didn't, I called them back. In the mean time I read an article on Prolo Therapy written by Dr. Mark Johnson. Dr. Johnson told in a magazine article about his back pain which was very similar to mine. I believe the Lord had his hand in this because the doctor's office still had not called back.

My first visit to Dr. Johnson was on May 12, 2006. The doctor's office called on May 10, 2006 to set up surgery. I told them I was going to another doctor.

My first treatment was on my back and some on my hip. It really hurt and I really did not know how this was going to help, but I really felt like it would. I was really sore for a few days but nothing compared to the pain before the treatment. Each day got easier and by the end of May the pain in my back, where the back fusion was going to take place, was gone.

I have had five more treatments with a month between each one. Dr. Johnson has treated my back, hip, knee, and my ankle. The treatments were painful, but in two to three days the soreness was gone and I could tell how much better I was getting. I know in time I will probably need more treatments to be completely pain free. Prolo Therapy was a God send. I am thankful every day for this treatment. Special thanks to Dr. Johnson and Holly for making both my husband and I feel at ease during my treatments.

19 October, 2007

Dr. Mark Johnson

278 Franklin Road, Ste 150

Brentwood, TN 37027

Dear Dr. Johnson,

This letter is written to you to express my satisfaction with the prolotherapy treatment that you provided to me in August and September of 2007.

I must say that I was very skeptical when I was told of your practice and felt that it might just be another new age gimmick. As a matter of fact, I most likely would not have come to your office had I not been in such pain.

The pain I endured, I was told, was due to deteriorated disks in my lower back. I had been to the standard list of doctors from chiropractic, orthopedic and neurological physicians and they had all concluded that I had to undergo surgery to possibly get some level of relief. That being my options, I was very concerned about not only the expense but the risk as well.

In early September I was experiencing so much pain that I could not breath deeply at all, sneeze, cough or move in any way without severe difficulty. My wife had to help me with even the most basic human functions. I couldn't even get out of my chair without assistance. Needless to say, as the bread winner for my family, I had gotten to a point where I could not work and that caused me to become depressed as you might expect.

The conversation with you over the phone prior to my coming to your office was refreshing to say the least. No other doctor in my experience has ever cared enough to do that. You allowed me to make an informed decision on my own treatment and showed genuine concern for my plight. I must say that that telephone call sold me on the possibility that maybe we as a general public aren't getting all the information we should be in order to truly heal. It appears that most medical professionals are concerned with the amount of money they make before anything else. Having a patient informed might mean that the patient doesn't return countless times to increase the physician's bank account.

You Sir, have changed my mind. Not only have I experienced NO PAIN AT ALL since September the 12th, my initial visit, but you have also served your profession by showing a level of dedication that we as the general public expect from all doctors but rarely see.

Yes, I did feel a significant level of discomfort during the total of 75 to 80 minutes of treatment but to say that I wasn't absolutely worth it would be the understatement of the millennium. I feel great! I can reach my feet to tie my shoes for the first time in 25 years. That is not an exaggeration in any way.

Couple that with the tens of thousands of dollars we saved and the savings in recovery time I would have lost due to surgery and I can promise you that I am beyond happy with your services.

So thank you! Thank you from the bottom of my heart and the hearts of my family for helping me to get my life back. I cannot express how pleased I am and how much I am indebted to you for this gift. Please have any of

your prospective patients call me anytime for a reference. It would be my sincere pleasure.

Sincerely and without pain,

Larry L. Moody

Belmont, Mississippi

My name is Mac Aldison, I am a 33 year old farmer, and I live in Sledge, Ms. I have a beautiful wife and three healthy boys. Six

years ago I was diagnosed with bulging discs. I went through physical therapy, did everything the Dr. said to do, but I still could not

overcome it. I learned to deal with the pain, but the back spasms is what would get me. When my back would spasm my upper torso

would pull to one side which would make me totally crooked. This would land me in bed five to seven days at a time. At 30 years old I

would have been considered disabled. I could not do stand on my feet for more than 30 minutes at time for fear that I would go into a

spasm. When I would get home from work I could not play with my children or work outside. Every second I was not working I had to be

lying flat on the floor in hopes that I would make it through the next day.

Praise the Lord, my mother in law, Ann Rippee, found Dr. Johnson. In the spring of 2007, I went for my first treatment. Dr.

Johnson and Ms Holly were so welcoming. They made me feel so comfortable. Right away, I felt like I had known them my whole life. It

was very reassuring when Dr. Johnson prayed for healing before my treatments. In all I recieved four treatments. I did not see much

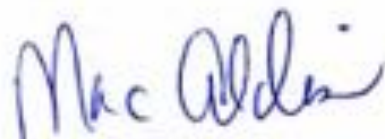
improvement until after my third and fourth treatment. It has been a little over a year since my last treatment, and I am so proud to say that

I am 95% completely healed. I hardly ever have pain. I have had only one bad spasm and that was a couple months after my last

treatment. The spasm did not last a whole day compared to lying in the bed five to seven days. I am so thankful, I can do anything I want,

and I can stand on my feet hours at a time without any problem. I am as active as I have ever been. Dr. Johnson literally gave me my life

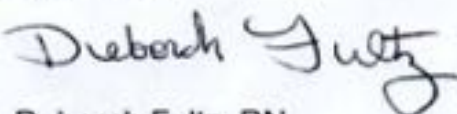
back. Most of all, I want to thank Jesus Christ, my Lord and Savior, for leading me to Dr. Johnson and Ms.Holly.



Dear Dr Johnson,

I am writing to let you know that my back has fully recovered following prolotherapy. I have suffered from lower back problems for years. I was told that I had three bulging discs. As a Registered Nurse I fully understood the implications of my injury. I also worked in the operating room and witnessed what may lie ahead and was fully aware of the complications of surgery and the success rate. I did not personally consider surgery as an option as long as I could walk. I endured many different treatments including injections, physical therapy, and visiting a Chiropractor. None of which were effective in treating my problem. There were times that I could not walk at all. I lived in constant fear of the next injury that would once again disable me from working and enjoying life. My Internist, who also practices alternative medicine, recommended you and Prolotherapy. I was very skeptical, considering my Nursing background but, after researching Prolotherapy on your web site I was more than eager to give it a shot. Within a few days I was back to a functional level and within two weeks I was fully recovered without any medications or surgery. I truly felt that I had experienced a miracle. I know that it is very possible that I will make the wrong move at the wrong time and possibly injure my back again sometime in the future but, I can truly say that I no longer live in fear. Needless to say, I am impressed and I highly recommend this treatment to anyone. Thank you for your kindness and expertise in this miraculous procedure.

Sincerely,

A handwritten signature in black ink that reads "Deborah Fultz". The signature is written in a cursive style with a large, looped "F" and "Z".

Deborah Fultz, RN

January 2007

Dr. Johnson,

When I came to you at Prolotherapy Nashville, I had to use a wheelchair at the airport to make flights as part of my work and ministry. The pain in my back was so severe that I couldn't stand or walk for long periods of time. Sitting was the only relief I got. Even sleeping was a painful experience. I should say trying to sleep was painful because lying down was as severe a problem as standing. And every day things seemed to become worse.

I had been through a series of visits with a Chiropractor. The results, at best, were temporary.

My trip to you was an act of desperation. My friends told me how effective Prolotherapy had been for them and I was willing to submit to anything on the chance of change.

What I didn't expect was to stand upright without pain, immediately after my first therapy. I followed your directions to apply heat to the treated area and in 3 days I was at least 60% better and after 10 days I felt better than I did before the back pain - I know I had to be about 80-85% better. Then somewhere around three or four weeks I regressed for two day to about 70% then WHAM!!!!!!!!!!!!!! After those two day at 70% I was GREAT! I was stronger more energetic than I had been in a very long time. I mean years. I even had the energy and strength without pain to plant Pansy's. I was lifting, pulling, raking, and digging all without pain. I was pushing and testing this new strength because I knew I was scheduled to see you in a week. I was about 98% free of any semblance back pain. THIS !!!! JUST AFTER JUST ONE SESSION!!!!!!

I almost didn't come to my scheduled 2nd appointment because I was feeling so good and busy with Christmas. I did come and that 2nd appointment confirmed that I was healed. And I still am. I am not experiencing this as a temporary fix. When I overextend myself, I get what is normal pain and with a short rest I'm back ready to go again. I got a chance to use our Titan tickets for the New Years day game and my husband commented

I'm not the best to explain the process. But my friends and family know it's an effective therapy because of the dramatic difference in me.

Thank you, thank you, thank you. May our God of hope fill you with all joy and peace as you trust in Him that you may abound in hope by the power of The Holy Spirit as you deliver and minister Prolotherapy .
Blessings in 2007.

Sincerely,



Roz Thompson

John Cooper
huntsville, al
June 8, 2006

My prolotherapy story: Neck: Over a year ago I was involved in a car accident with a front-end collision. The neck injuries I sustained consisted of a bulging disc, stretched ligaments in my neck, and some tissue damage. For almost a year I visited an orthopedic center with no results. I went through two rounds of physical therapy, receiving different treatments to try and find something that worked. I also underwent a nerve block in my neck to try and reduce my pain, no success. My neck hurt every day, all day. The pain was severe, and I had lost some mobility in that I could not turn all the way to the left without severe pain. I was taking muscle relaxers every night just so that I could sleep, and Aleve and Tylenol during the days so I could function. After almost a year of suffering I learned of prolotherapy. Through Internet research I found Dr. Johnson, and I'm glad I did! So far I have had 5 treatments on my neck, with the 5th being only 2 days prior to this write-up. My neck isn't fully healed yet, but I'm around 80% better than when I started. I have gained more mobility with less pain, and I haven't taken a muscle relaxer in months! I no longer have constant pain, and I rarely take Tylenol or any other pain medications.. I am well on the way to being fully recovered thanks to Dr. Johnson and prolotherapy. Knee: I also had a knee injury plaguing me for years. I'm still a young man at the age of 25, and a bum knee was not what I wanted in my future. I live a very active lifestyle of an outdoorsman. I was fortunate enough to work in Yellowstone National Park in Wyoming during the summers of 2001 and 2002. I have hiked over 200 miles in the Rocky Mountains, and hiked or climbed to the top of 8 different peaks in Yellowstone and the Grand Teton National Parks. Since 2003, however, an ever increasingly painful right knee has bothered me. Early in 2004 I finally went in for X-rays and an M.R.I. They showed nothing, and my doctor did nothing for me. Something was definitely wrong though. I could not sit with a bent leg for very long without a feeling of pressure building up in my knee and severe pain. This made long car trips painful. I also could not put any weight on my leg when bent, so standing or sitting was done completely with my left leg. Stairs were painful, as well as hills and inclines. I am a hunter, and this made climbing my deer stand difficult and painful; not to mention sitting still was very difficult. During my first visit to Nashville Prolotherapy in February 2006 I mentioned my knee problem to Dr. Johnson; he said he could help. I received one injection in my knee and noticed results after only about 3 weeks. After two more injections and no more knee pain I think I am fully healed. And to further prove this I just returned from a trip to northern Idaho where I went on my first bear hunt. I hiked over 30 miles on rocky, uneven terrain. I hiked up and down steep hills as well as long gradual ones, with no knee pain! There is no way this would have been possible without my prolotherapy treatments. As I said earlier, my doctor did nothing because she could not "see" anything on an X-ray or M.R.I. Thanks to Dr. Johnson I was able to have a great trip to the beautiful mountains of Idaho, as well as bag my first bear!

From : Dan Moore

To : [REDACTED]

Subject : ProlotherapyNashville.com Website Request

Date : 1/5/2009 9:21:27 AM

Reply

Reply All

Forward

Delete

Put in folder...

ProlotherapyNashville.com Website Request

Name: Dan Moore

Address: [REDACTED]
Pleasant Grove, AL, 35127

Phone: [REDACTED]

Email: [REDACTED]

Comments: Dr. Johnson, You did a great job on my foot. I have been without pain for two weeks. I do not need any more shots, therefore, I need to cancel Wednesday's appointment at 10:30. Pat will be there for her 11:00 appointment. Dan Moore

I would like to:

Send Brochure? no

Doctor Mark Johnson,

My election for early retirement a couple of years back first appeared to be my best decision made in quite some time. I was enjoying retirement staying busy with my small cattle operation and playing a lot of golf until my "golfer's toe" surfaced.

It started with intense pain in my foot and toes while walking and especially during the weight shift and follow through on my golf swing. The podiatrist identified the problem as a pinched nerve or "Morton's neuroma tumor." He prescribed some special pads to put in my shoes but the pain persisted and my continued golfing and other outside activities seemed to be questionable at best.

After several months of the foot and toe pain brought on by walking and golfing, prolo therapy was recommended by a patient of yours. Within 30 days after my first visit and treatment with you, I was back walking and playing golf without the burning toe pain. I now have played three more rounds after the second treatment and even with a full weight shift to the front foot on the golf swing, experience no pain.

Thank you and prolo therapy for making it possible for me to return to my retirement dreams of golfing and other outside activities.

Sincerely,



Bill Rippee

October 5, 2007

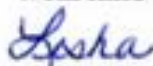
Dear Dr. Mark and Holly,

I want to take a moment to let you both know how much we appreciated our 'experience' when visiting your office recently. There are several things that made a positive impression and deserve mentioning. What a refreshing idea not to have to wait in your office for hours "to see the doctor" – you both were timely and respectful that we too had schedules. As said, how refreshing! Additionally – the atmosphere of your office is warm and inviting – not at all sterile nor cold. It already suggests healing and comfort from the moment we walked in until we left. We appreciated also that you took quite some time to ask questions about Charles' health and then listened! The overall procedure and experience is unlike any we have had when visiting a doctor heretofore, and we were both greatly impressed.

Re the results – it is a bit too early to see a whole lot of improvement – however he does seem to have more sensitivity and as he says there is some soreness – but it is good kind of soreness. So we will see.

In any case, we did want to send along our thoughts and our thanks. We will be looking to see you again in November for his second treatment.

With kind regards,



Lesha Martin