

Dear Dr. Johnson,

Thanks so much for working on my groin/pubis, and lower back issues. I don't usually write testimonials, but when I came into Dr. Johnson's office in early 2007, I couldn't walk well, shovel snow, do situps, carry heavy objects, or most importantly – DANCE LINDY HOPI!

I had tremendous pain after losing a sideways "heel slide" which looked incredibly cool until my right leg washed out to the side and the front. I was a tough case, and it took quite a few visits and prolo to a LOT of sensitive areas, I think more than six treatments – maybe even eight, but my testicular pain is now 100% gone, my lower back is 90%. The only remaining issue I have is some lingering hip pain, but that's no where near as debilitating as it was before prolo. (The back and the pubis were treated the most heavily because that's where the pain was – we didn't spend a lot of time on the hip.) I plan on coming back down to Nashville to get my hip fixed up as soon as I'm able.

I shoveled over a foot of Boston snow a few weeks ago, and I've been moving things around the house with little difficulty. Before prolotherapy – shoveling a foot of snow would have laid me up for hours and maybe days with intense groin pain.

As far as dancing goes, I haven't been able to compete yet (because of the hip), but I've been back on the social dance floor for about six months now. I have every confidence that I'll be back on the competitive dance floor after additional treatment.

Prolotherapy doesn't work overnight, but it does work!

Hopefully, I'll never wreck myself on a move like that again, but if I do, I know where to go. Thank you so much for getting me back on the dance floor.

Yours in Christ,



Gary Mitchell

June 10, 2009

Mark Johnson, M.D.
Prolotherapy Nashville
278 Franklin Road
Brentwood, TN 37027

Dear Mark,

I am writing to express my deep gratitude and sincere appreciation for the work you have done with me as well as your incredible dedication to offering Prolotherapy to those who seek it.

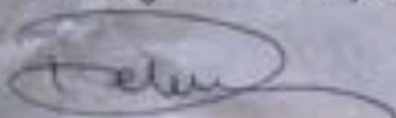
Working with you has been a wonderful experience for me. I knew from the outset that you are more than a doctor. You are a true physician. A healer. A teacher.

It is so rare these days to find someone like yourself who has the technical and intellectual know how combined with the willingness to spend your time and energy communicating with your patients. I was amazed with your willingness to impart your knowledge and provide me with a deep understanding of the Prolo process. In addition, I felt heard and listened to.

This may sound weird but it is true. I am a little sad that now that I have completed the therapy and am healing nicely, I won't be engaging in the great conversations we had. Who knows, perhaps our paths will cross again without either of us having some physical challenge as the catalyst for our getting together.

One other thing I want to share has to do with Prolo itself. I feel that the therapy opened the space for my body to heal itself. It is an important differentiation from the mainstream approach of invasive intervention through surgery.

Thanks again for all that you do,



Albert "Deben" Tobias
[REDACTED]
Hohenwald, TN 38462
P/c [REDACTED]
Email: [REDACTED]

Retired Early Because of Pain!

Finally, I got some relief from years of pain in my thumbs.

The pain started gradually as I was working on the assembly line for 30 years.

I had gotten to the point where I dreaded to go to work because of the pain. But until Then, I loved my job. It was so bad that I quit my job on January 6, 2003. I would be 62 years old in February, so I figured I would sign up for early retirement, since I simply could not work. If I had known the real thing about Prolotherapy, I could still be working.

I reported the pain to my employer, thus ending up with three different workman comp. Doctors. Each one told me that the pain was from worn out cartilage, and that it was Bone against bone. I was given cortisone shots, and told to take Ibuprofen, aleve or Aspirin. All these were making me worse, instead of helping me. The last doctor that I saw told me that when the pain was more than I could bear, she would do surgery. This surgery she was talking about was to take flesh from my arm and make a Replacement joint in my thumb. Since both my thumbs were the same, that meant Both would have to be replaced. She put splints on both my hands so that I could do Nothing! Absolutely Nothing!

My hands stayed **HOT** all the time. As if they had fever in them. I think they were Trying to heal themselves, but could not.

I received a brochure in the mail one day. They talked about Prolotherapy. I had heard About this procedure on TV several years ago. In fact, I even mapped out the way to Oak Park, Il at one time and was going there just to see if I could get some help. But I Never did get to go.

So this brochure sent me to the computer. I typed in Prolotherapy in the search engine. When I found out that we had one in Nashville, I said "I am going to see this doctor"

I really am glad I found Dr. Johnson. After the first injections, my hands were not **HOT** anymore. The pain was almost gone. There was some soreness, but really lots **Of help.** After the second round of injections, I washed 2 cars and the outside of a bay Window without any pain in my hands. This is unbelievable. Before Prolo, I could wash One car and could do nothing else for the rest of the day. Then I would have to take Something for pain. Now, there are lots of days that I don't take any pain medication. I believe this is God's way of telling me, if I search long enough, I will find the pathway To healing. I think I have found it in Prolotherapy!

Joyce A. England

Sparta, TN 38583



**WORLD
OUTDOOR
RESOURCES**



625 Cola Drive, Clarksville, TN 37043
931-503-0160 voice 931-503-0232 fax

I took my first treatment of Prolotherapy in December 2007. I decided to try it because I had tried so many other things to get relief from the pain in my left hip. Truthfully, I had suffered from low back pain for over 25 years and every day I took some form of anti-inflammatory medication. I had been told by several doctors that I would always have pain because of 4 discs in my back that were degenerating.

However, the pain that sent me to Dr Johnson was from an injury that I suffered in July 2007 while trying to play tennis again which I had given up several years ago. After meeting with Dr Johnson and his wife Holly, I had a small hope that this procedure could even help that old nagging back problem as well as the injury in my hip.

After my first treatment, I was in agony for about 3 weeks because Dr Johnson warned me not to take any anti-inflammatory medication. I felt like I was 100 years old and wondered if I would get any better, after all I had taken this medication for so many years and other doctors told me I would always have to take it.

Because of my faith that God had led me to Dr Johnson and also the fact that I trusted the doctor and Holly, I stuck with it and continued for 3 more treatments. I began to feel improvement about week 4 and from then on I improved steadily. I am happy to report that I take NO medication at all for pain. (except for some occasional Tylenol when I play too much tennis)

Thank you, Dr. Johnson, for the incredible gift that you have given to me. I know that the ultimate Healer is God but you and Holly are the instruments that He used to bless me with this great gift .



LONG TERM FOLLOW-UP RE: PROLO THERAPY

Louis L. Johnson, M.D.

24 October, 2008

You may read of my experiences following prolo therapy on March, 2006. I was living in Dothan, AL, at the time and was rather skeptical of claims I had read in different reports. I was 77 years old at the time and felt I was just suffering the ravages of time. In my report I mentioned different problem areas such as spondylolisthesis, marked sacro-iliac pains, a torn right rotator cuff, an arthritic right knee of over 25 years' duration, etc.

Following my initial treatment, covering multiple areas of structural problems I experienced immediate relief in all areas within 24 hours. Such rapid improvement is extremely rare and I was prepared to have relapses at any time. Before prolo therapy I had been subjected to repeated epidural injections of steroids and had been told by a leading orthopedic clinic that spinal surgery was in the future. This is follow-up 33 months following prolo therapy.

I have had absolutely no recurrence of my spinal incapacities. I can lift any object my strength permits, etc. I have full mobility my shoulder and the other areas that were treated have remained symptom-free.

The only area of my body that has required additional treatment is my right knee and this is not due to failure of the first treatment. As mentioned, I had had increasing symptoms caused by over 25 years of arthritis in my right knee. After the initial treatment I had such relief of symptoms that I felt no further treatment was justified. Dr. Mark Johnson told me, however, that due to erosion of the cartilage, etc., that additional treatment would surely be warranted in the future. That time has now come.

Following an overseas trip that involved extensive walking my right knee began to 'act-up.' It had become quite painful. On examination Dr. Johnson noted further laxity of the cruciate ligaments along with the continued erosion of cartilage. I felt the knee might be too damaged to respond to further treatment and I was resigned to possible knee replacement if the symptoms did not clear.

Follow-up: Seven weeks ago Dr. Johnson did additional treatment utilizing the usual proliferant along with growth hormone. It took about a month for the reaction to clear and I was still having some problems. The next treatment involved his injecting centrifuged blood into the cartilage area. Now, 7 weeks later I am completely pain free but Dr. Johnson has recommended that we continue with at least two more treatments in order to produce final, and probable, permanent healing.

From: "Scott" <[REDACTED]>
To: [REDACTED]
Sent: Monday, November 06, 2006 12:42 PM
Attach: Prolotherapy.doc
Subject: [Norton AntiSpam] Scott Sanders Testimony

Dr. Johnson,

Attached is the story of my journey through prolotherapy. I hope that this is what you were wanting. If it's too long I apologize about that but it was really hard to be brief about what I have gone through with my knees. Thank you so much for all that you and your wife did for me. Your wife was truly very helpful in getting me through my first treatment since I'm terrified of needles. You truly have a ministry that you do in helping people you treat. I'm very grateful that you were able to help me. It's such a great feeling to know that now I can look forward to years of healthy knees! Thank you so much!

Your friend in Christ,
Scott Sanders

November 6, 2006

Since 1999 I have had really bad knee pain that would not seem to go away. I was running cross country at the time and after every race I could count on my knees hurting really bad after every race. A year went by and the pain intensified so I went to see a specialist about my knees. After examining me he said that my knees were not flexing right when I walked which was causing some of the pain. He ordered me to have an MRI done on my knees which came back to show that I had a Baker's cyst in my right knee. I was crushed because he told me that I probably would not be able to run again because if I did I would risk further damage to the ligaments and tendons in my knees. He said if I wanted to I could get steroid or cortisone shots to help with the pain. I was against both of those options so I chose to just stop running. I was crushed. I lived with the pain off and on until 2006 when my Dad found an article on the internet for prolotherapy and how it helps heal Baker's cysts as well as tendon and ligament damage in runners. So I decided to give it a try in hopes it would make me better. I'm here to tell you that it did! After only two treatments I have had no pain to this day associated with my knees. Since the procedure I've been able to get back to running and my knees feel stronger than they ever have. I'm so grateful that I was able to come to Dr. Johnson and have him work on my knees. My only regret is that I wish I would have found him sooner. Obviously, if you're reading this right now, you're wondering about prolotherapy and if it can help you. I urge you to put your trust in Dr. Johnson and let him try to heal you. It worked for me and it can work for you!!

Scott Sanders
Chattanooga TN

Name: Trina Christiansen

Address:

' '

Phone: - -

Email:

April 18, 2006 My name is Trina and I live in Crossville, TN. My husband and I moved from Wisconsin to our home in beautiful Tennessee. The packing and unpacking for the move and then plunging into our new home with fixing and repairing took its toll on my knees physically. The initial visit with the orthopedic determined I had inflammation along with an aggravated arthritic condition and anti-inflammatory medication was prescribed. I was supposed to "take it easy" and not exert myself. Months later, I could barely walk. The pain was constant with intermittent sharp pains that would shoot through my body. I started to use a cane to help me walk as my knees felt as if they would collapse. A good night's sleep became a thing of the past. The medication was not helping and I became a prime candidate for knee surgery. What I originally thought was the cat walking on the bed at night causing it to move slightly was my body trembling from pain. After doing some research online about knee surgery, I came across this treatment called prolotherapy. The premise behind prolotherapy seemed to contradict the orthopedic care I was receiving. Considerable more research and the talk with Dr. Johnson before my first treatment helped alleviate some skepticism and fear. My first treatment was the day before my 61st birthday. It was painful, but the results were almost immediate. Two treatments later my left knee is almost 100% and my right knee is about 85-90%. My other concern was perhaps this was just a temporary "fix" for relief of the pain. As more times passes, I am finding out it is not.. Prolotherapy

Comments:

works! I am a believer. My experience with prolotherapy seems like a miracle and I have been highly recommending this treatment to friends and family.

From : [Hans R. Przirembel](#)

To : [Dr. Johnson](#)

Subject : [Progress Report](#)

Date : [1/5/2009 10:48:34 AM](#)

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Dear Dr. Johnson:

There is no question that this note is a **progress** report rather than a **status** report. I received the last set of injections about 2.5 months ago. As you had forecast, there was added discomfort for about four weeks. But it was nothing I could not live with and the Tramadol was always there to take the edge off. I stayed away from Aleve for two months. I now use Aleve daily again to deal with my rheumatoid arthritis.

For the last two months I have been doing some strength exercises on my Bowflex machine. This has improved my endurance significantly. I am happy report that I am now able to do a full range of hiking including "virgin forest" routes, i.e. no trails or paths, just run of the mill plateau terrain.

All in all, there has been significant improvement in the knee. I hope things continue that way. These injections are no fun, but they beat a knee replacement.

Best regards,

Hans Przirembel

May 9, 2009

Dear Dr Johnson

As determined with a MRI, I had a torn meniscus in my left knee. I hurt with every step I took, which caused me to limp. I went to two orthopedists who both wanted to scope and remove part of my meniscus which then leaves all my body weight on the remaining meniscus. My chiropractor encouraged me to check on Prolotherapy before I did the scope surgery. Frankly, I was very doubtful that Prolththerapy would work. However, to my amazement I was riding my stationary bike in two weeks pain free. Then one week later, I was back walking 3 to 4 miles per day and riding my bike with no pain. What a miracle. Thank you so much and God bless your work.



Ted C Moss

Cleveland, TN

16 July 2008

Dr. and Mrs. Johnson,

I wanted to contact you and update you on my progress. I received 2 prolotherapy treatments to my upper back, neck, and shoulders in April 2008. I live in England and just happened to be in town for a conference and decided to visit your practice. I was suffering from migraine headaches and thought maybe prolotherapy could help me achieve some relief.

I have suffered from right-sided migraines since the age of 4; over the years they have become more frequent and intense. At the time I sought treatment, I was averaging 12 migraines a month. I was also in constant discomfort from tension localized to the right side of my neck. My daily activities were becoming affected - I couldn't even lay on my right side without triggering a migraine. I had to do something - I was tired of taking pills all the time and not achieving 100% relief.

I noticed immediate results after my first treatment. I noticed my right shoulder didn't droop as much and my chin was closer to midline. I was a little skeptical and couldn't help but think maybe it was wishful thinking on my part and I had psyched myself into believing the treatment was helping. However, I was so impressed with my first treatment; I decided to have a second treatment the following week before I flew back to the UK. Again, within a matter of 1-2 days, I noticed even more improvement in the way my neck felt and in my body/neck alignment.

It has now been 3 months since my first treatment. I am absolutely thrilled with the results I (we) have achieved - I have only had a total of 4 migraines since treatment! And the migraines I have had are much less intense than before and go away within 10 minutes of taking Zomig. That is a significant decrease for me - I went from 35 migraines in 3 months down to 4 migraines in 3 months!! I no longer have migraines in the forefront of my thoughts. I can fall asleep in any position I want to and no longer have to worry about waking up with a migraine. I no longer have constant neck tension/pain. My quality of life is better than it has been in very long time. I think I would be "cured" in 1-2 more treatments. The next time I am in the US, I will do my best to get back to Nashville for another treatment.

I wanted to thank both of you for your hospitality and for treating me like family. I had researched prolotherapy a little bit before I contacted you. I was thrilled that there was a practice in Nashville, but I was also hesitant about receiving treatments. I sent you an e-mail inquiring if there were any appointment slots available during my conference week. Imagine the shock I felt when my phone rang at home later that evening and it was Dr Johnson calling me!! I was blown away that you would be willing to call overseas to contact me personally!! When you told me you had 2 openings for back- to-back sessions during the week I was in Nashville, I realized it was not a coincidence but was God at work. I then had peace about receiving the treatments. I felt safe under your care.

I hope to see you again in the next year or two. God bless you and your practice.

Sincerely,



Katheryn "Kitty" Ellis