

When Dr Mark Johnson experienced his back problems, God blessed Nashville. Through his pain, he now administers relief to all of us.

I had an MRI in December 2006; I was told I needed surgery for a bulging disk and to remove a synovial cyst. I got three opinions. One Doctor even told me I might need two surgeries. One now and then not be surprised if I needed another one later. I knew then I had to find another way to ease my pain. I have known people that got rid of one back pain only to develop a different one after the surgery.

The pain was so excruciating, sometimes to get out of bed was a fifteen-minute chore. Just to take a shower was an hour ordeal and a dreaded one. And the only time I would even consider leaving the house was to see a Doctor. To walk more than six feet without stopping was impossible.

I was given a heavy pain medication that wasn't stopping the pain it was only taking the edge off and I couldn't function. I went to see a pharmacist for some more pain medicine when he suggested I talk with Dr. Mark Johnson about Prolotherapy before I did the surgery.

I came to see Dr. Johnson for a consultation. Prolotherapy just sounded too good to be true. I went back to see the pharmacist and asked him if he knew anyone personally that had the treatments. He said "I took my son for a treatment on his shoulder and he is doing great". A man that will take his son for the treatment is a good reference. I called a lady out of this book that had Prolotherapy on her thumbs with no pain after her first treatment. I spoke with a Doctor in Florida that has been doing Prolotherapy in Miami for 35 years and had lots of success. I decided I needed to try Prolotherapy before the surgery.

I had my first treatment on January 16, 2007. I didn't see a lot of difference for two weeks, so I called Dr. Johnson and he said "give it another week". By the end of the third week I could get out of bed without screaming. Daily I started to see a little more improvement. At the end of the fourth week, I really dreaded going back for another treatment because I was so improved I was afraid something might get messed up again. I was off the heavy pain medicine and could live with this amount of pain.

I did the second treatment four weeks after the first one and didn't see much more improvement for about two weeks, and then all of a sudden I was almost well. I felt well only because this pain was nothing compared to my pain before. I was maybe 80% pain free. I took a mild pain medication early in the mornings and then nothing the rest of the day. I could go up steps, drive, go out to dinner, even go to the grocery, which I had not been able to do for months.

I'm on the fourth week of my third treatment and I'm about 95% pain free. I'm scheduled for another treatment in two weeks. I have a mild pain now only when I wake up, if this continues I'll go back for a touchup just to be 100% pain free.

If Dr. Johnson thinks you are a candidate for Prolotherapy, then I say, "go for it". It's not an easy treatment but it's well worth the temporary pain. We are truly blessed that he and Holly have chosen to dedicate their life to Prolotherapy in Nashville.

I'll be glad to speak to anyone about my treatments, please feel free to call or email me.

Rose Drake

Phone [REDACTED]

April 19, 2007

Mark L. Johnson, M. D.  
Prolotherapy - Nashville  
278 Franklin Road Suite 150  
Brentwood, TN 37027

Dear Dr. Johnson:

This letter is a little belated. I feel, however, that it is even more valid than one I could have written within a week or two after my treatments. This is now a long term follow-up (over three months) and I would classify my results as 100 percent successful after just one treatment. The results have been far beyond and expectations and well worth the drive of 800 miles (round trip) to avail myself of your services.

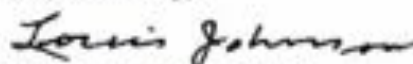
I went up with multiple problems and at age 78 I had begun to believe that all my ailments were due to age and beyond 'repair.' I have an **arthritic right knee** that had bothered me for over 20 years. For a long time I had not been able to walk up steps except by advancing my left leg, followed by the right. I had a **torn right rotator cuff**, right shoulder, that was sustained in early October, 2005. Orthopedists had advised surgery. I can't give the diagnosis regarding my **right ankle**. I can only state that there was some inward dislocation of the joint with absolutely no treatment available at a leading sports medicine clinic. I had been bothered for many years with pain and limitation of motion because of problems in the **right sacro-iliac area** (nerve). And the most severe pain, at the time, was severe pain centered more in the **pectoral area of the left shoulder**. This pain radiated around to the area just medial to the left scapula. To make a long story short, I had found it impossible to find a comfortable position for sleep. Any position in bed was accompanied by severe pain. Also, I could not bend forward past the horizontal position because of the pain. This problem had only been present a few weeks, but I obtained no relief from any form of therapy.

Well, I first saw you on the evening of March 2nd. You treated the severe pain in my left shoulder area and I was able to sleep that night in any position. Within 2 days the pain was completely gone, with no recurrence. You treated my right rotator cuff problem the discomfort cleared within 24 hours and I quickly had complete return of all motion. You treated the problem located in the sacro-iliac area and I had astounding results within 2 days (again with no recurrence). The next evening you treated my knee and right ankle. Since the ankle problem is due to a severe joint deformity I expected little benefit, but there was some relief. Astounding relief was experienced with the arthritic knee. Within 2 days I could walk up and down steps, in a normal fashion, for the first time in many years.

I must say that I approached this therapy looking for some relief, and I certainly expected some healing time to be involved. The results: I got immediate relief with 100 % recovery in the most affected and painful areas.

Words cannot express my appreciation for all you have done. And, if you wish to use my testimony on a personal basis, I will be delighted to have you give my telephone number to any who might want to call me in order to hear first-hand from a patient..

Very sincerely,



Louis L. Johnson, M. D.

## Phenomenal Prolotherapy

In 2005 I sought medical and chiropractic treatment for my inability to walk and move without extreme pain. Following several months of physical therapy, daily exercise and orthotics, I walked again though I had difficulty with my feet and occasional pain. By December 2007 I succumbed to poor health habits and exercised very little—rationalizing that I was much too busy. I gained more weight and experienced chronic pain. My symptoms included lack of energy, headaches, horrible leg cramps, foot pain, heel pain, hip and back pain. Sitting for several hours was painful; standing was done slowly and was also painful; I couldn't sleep on my right side; I listed to left when walking; and I experienced pain and cracking sounds when I tried to turn my head. Rising to a standing position was a slow process and I again had great difficulty walking. Friends in Phoenix, AZ, who had had successful experiences recommended that I consider Prolotherapy treatment for my ailments and suggested that I might locate a practitioner nearer to Georgia (my home) via the Internet.

In desperation, I found Dr. Mark Johnson's website, [www.prolotherapynashville.com](http://www.prolotherapynashville.com) and read every page. When I phoned for an appointment with Dr. Johnson, I was blessed to get one right away. In three months time I received three Prolotherapy treatments. My body began healing immediately with the very first one. Initially, my back, feet, left knee, and left calf were my most painful areas. Amazingly, following my first treatment, I walked up and down stairs with ease. I also enjoyed an astonishing pain free trip in December—a flight to Arizona and a stay with our son in Hannigan's Meadow, where we used snowshoes to walk in the snow! What a Christmas present—to be able to travel and walk without hurting! However, about a month later, immediately prior to my second appointment, I experienced horrible right groin pain. Dr. Johnson explained that frequently as one's worst pains subside, secondary pains surface. The second treatment relieved the groin pain and more knee and back pain. My last treatment targeted my neck pain and some pain in my right knee. My body continued healing, so much so that I felt confident about pursuing a 2008 summer job in a National Park. My husband and I were hired to work in West Glacier in a gift store, a job that required our standing for eight hours a day, five days a week. Our summer was a very successful and enjoyable one. I had no aches and pains, and, on days off, we hiked trails in Glacier National Park. One of our last hikes of the summer was about nine miles. LIFECHANGING—you bet! Thank you, Doctor Mark Johnson and Holley. Your care, dedication and expertise, by the grace of God, enabled my healing and good health. The treatments were not covered by my insurance but were **priceless** to me. It's so wonderful to be mobile again and without aches and pains. Despite the long drives from my home to Dr. Johnson's clinic, it is a comfort to know that such incredible relief is possible and available WITHOUT surgery and long hospital stays. The down time during Prolotherapy treatment is minimal and the instant results are miraculous. May God continue to bless you both as you provide this phenomenal treatment!

Diane Tuten (age 63)

January 6, 2009

*Happy 2009!*  
*Diane Tuten*

Monday, February 09, 2009

Dr Johnson,

I am writing this letter to thank you for what you have done for me with the use of prolotherapy.

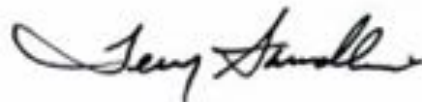
As a Registered Nurse, and trained in conventional medicine, I initially sought treatment from my Internist, Dr Charles Daniels. I have the utmost respect for Dr Daniels who has kept me well for a long time. Dr Daniels felt that the headaches were migraine and referred me to a neurologist, Dr Prasad. Dr Prasad was very caring and ordered a CT of my head. After undergoing the CT, which was normal, and being placed on nortriptyline, which caused insomnia, I was ultimately placed on amitriptyline. This did nothing for the headaches. Needless to say I was very disappointed and frustrated.

Years ago I sustained an injury to my neck, and upper back, from lifting weights. I became symptomatic with numbness in my right index and second fingers, and a trigger point in my right scapular region. I saw a neurosurgeon and underwent neck surgery for herniated discs. I got only slightly better after the operation, and have continued to suffer with the trigger point and numbness in the fingers.

Approximately two and a half years ago, frustrated with conventional treatment, I sought treatment for a low back injury. I looked for a doctor who uses alternative treatments. I saw Dr Chapdelaine who sent me to see you. Prolotherapy miraculously cured my symptoms at that time. I began thinking that my headaches may be related to my trigger point and came back to see you. I am so happy that I did. Since having prolotherapy on my scapula and neck, I am totally cured of my headaches, my trigger point, and numbness in my fingers.

Thank you again!

Respectfully,

A handwritten signature in black ink, appearing to read "Terry Sandlin". The signature is fluid and cursive, with a large initial "T" and "S".

Terry Sandlin BSN, RN

June 12, 2006

PROLOTHERAPY NASHVILLE

Mark Johnson, M.D., FACS  
273 Franklin Road, Suite 150  
Brentwood, TN 37027

Dear Dr. Johnson:

All too often people are quick to complain but slow to commend. You have personally been responsible for changing the quality of my life!

Let me provide a little background. On February 22, 2005 I slipped and fell, landing on the left side of my face. After verifying that there were no broken bones, I decided to let my body try to heal the resulting neck discomfort. A few months following the fall, the pain started to get worse and I was referred to a bone and joint clinic. The orthopedic physician took x-rays, diagnosed me with degenerative disc disease, and referred me for physical therapy. I continued several different kinds of physical therapy, including shock treatments, for four months without any results, all the while taking pain pills. In addition, I was having therapeutic massages which were a temporary fix.

Thoroughly disgusted, I discontinued my physical therapy in mid-September and made an appointment with a neck specialist. I was told that I had a soft tissue injury, and while most people will heal in a few months, it could take a year or two until I would get relief. I was told to keep taking the pain pills and wait it out. Not being a patient person, I sought out an acupuncturist. I had two treatments and he told me that he would not be able to help me. To my good fortune, while talking to a friend, she told me of a treatment she had by Dr. Ross Hauser in Chicago called Prolotherapy. I immediately started to investigate this, and with new hope, found that there was a doctor in the Nashville area trained by Dr. Hauser. How fortunate that you had your practice in Brentwood, TN.

On February 24, 2006, I had my first consultation and treatment on my neck and was told to discontinue my pills which were masking my pain. Over the next few weeks, my discomfort did not ease and in fact felt a little worse. I was scheduled to return on April 7 for my next treatment, as I was told I would probably need three or more for this treatment to be effective.

Unfortunately, just prior to my follow up visit, I was diagnosed with ovarian cancer. I cancelled my appointment as my neck had to take a back seat to my new and larger problem, and thus I focused all of my energy toward my cancer and its treatment.

I can't exactly pinpoint when the 'miracle' took place, but some time in April I noticed that my neck wasn't sore any more. Not one single solitary twinge of pain! Dubious, I paid careful attention to this area and it is now mid June and I am feeling just like my old self. I attribute this complete healing to the treatment you, Dr. Mark Johnson, administered. I am very grateful to you for giving me this relief that I so dearly needed at this crucial time of my life. It has truly been a 'miracle' for me.

With heartfelt thanks,



Susan Kreal

SDK:sdk

Dr Johnson,

I am writing to let you know that my back is fully recovered following prolotherapy.

I would like to let any prospective patient know that this therapy is somewhat miraculous. I am a Registered Nurse and have undergone both back and neck surgery for herniated discs. When I last injured my back, I couldn't imagine having another operation on my spine. My Internist, who also practices natural medicine, recommended you and Prolotherapy. At first I was a little skeptical, considering my western training, but after researching prolotherapy on the Web it made sense to me and I wanted to try it. Thank God I did come to you. Within a few days I was back to a functional level and within 2-3 weeks fully recovered without surgery.

Thank you for your kindness and expertise in this miraculous procedure.

Respectfully,



Terry Sandlin, BSN, RN

## Prolotherapy Changed My Life

By

Dorothy Gipson

For many years I have experienced pain particularly in the left hip and leg. In the beginning it appeared that I was experiencing some arthritis and then maybe it was fibromyalgia, spinal stenosis and on and on. The string of diagnoses and medications began and continued but the pain was with me daily. I depended on mid-level pain medication just to keep going and try to live a normal life. Even though the pain was so terrible at times, I did not take narcotics because I knew I would be opening myself up to other problems. I learned to work around the pain to the extent that if I had more activity (shopping, traveling etc.) one day then I knew it would take the next day or two to recover.

In December, 2005, the pain in my left leg and hip reached a new level of intensity. Walking or standing made it worse. I was quickly becoming housebound as my church and doctors were about the only places I went. My husband took over most of the household work and chores. I spent a good part each day just trying to make the pain bearable. I contacted the orthopedist that treated me for bursitis of the hip. He ordered an MRI and said I had a problem in the spine that caused all of my pain on the left side. Subsequently I had two epidural injections and neither gave me sustained relief. I was reluctant to submit to surgery even though I knew that was my next step.

In March, 2005, a friend of mine gave me her book, "Prolo Your Pain Away," by Ross Hauser, M.D. I read it and then I searched Prolotherapy on the internet and found Dr. Mark Johnson was a practitioner in Nashville, Tennessee. This was convenient as I live in northern Alabama. I contacted Dr. Johnson and my first visit was in April, 2005. I continued to receive treatments monthly. About two weeks after each treatment I noticed improvement because the pain was less and I could do more in my home. After seven treatments Dr. Johnson has discharged me. Recently I was able to do my grocery shopping without using an electric cart for the first time in many months. I cannot express my joy in being able to once more take charge of my home, do activities my husband and I enjoy, look forward to having my family over for a meal and having an active fun-loving relationship with our granddaughter.

My Medicare and other insurance did not cover any of the cost of the treatments but I consider that the money was well spent because the results have been so beneficial and remarkable.

I prayed to God for relief of my pain and He led me to His children, Holly and Mark Johnson. If I happen to need more treatments at some point in the future, I am so glad that I know who to contact.

Dorothy

5/14/08

Dr. Mark

Just want to tell you what a great work you are doing with the Pro so you give my first treatment about three years ago, my right shoulder was so bad I couldn't do the things I wanted to do it got so bad I couldn't play golf. After you give me one treatment, I was able to play golf or do anything I wanted to do. I am still playing golf two or three times a week and no pain. Also you treated my knee at the same time my ~~right~~ knee was so bad I was using a cane, after the treatment I put my cane up and haven't used it since. I would recommend your work to anybody with pain or joint problems. Keep up the good work.

P.S. I am 90  
Year old

Night Clerk  
Amarillo TX.



From : John Inglese

To : [REDACTED]

Subject : ProlotherapyNashville.com Website Request

Date : 5/16/2008 10:58:52 PM

Reply

Reply All

Forward

Delete

Put in folder...

**ProlotherapyNashville.com Website Request**

Name: John Inglese

Address:

- -

Phone:

- -

Email:

[REDACTED]

Comments:

Dr. Johnson, Please cancel my appointment for this Wednesday, I don't think I will be needing it. My shoulder has felt great since the last treatment. I'm so glad I trusted you and stuck with the treatments, even though at times it felt like I was back at square one. I hope one day prolotherapy is as common as surgery, keep up the amazing work! Good luck with your book, I'll be sure to refer people in need to you.

I would like to:

Send Brochure? no

I am currently 59 years old. I had my first back surgery for a herniated disc (L5) at age 17. This was an athletic injury from playing basketball and running track. I have had numbness of my right foot since then, along with slight weakness (can't stand on tip toe). At age 37 I had a second disc surgery (L4) which included the removal of the spinous process. I have had numbness and tingling in the left foot since the surgery.

Starting in about 1997 I started to experience difficulty walking any distance (1 mile) without pain in my back and hip. At the same time my life became much more sedentary due to graduate school enrollment. In 2006 we started bicycling as an aerobic non weight bearing exercise. In 2007 we trained for and rode 135 miles of the Katy Trail in three days. During 2007 I started having more hip pain and experienced "clicking" in the right hip joint with every revolution of the bicycle pedals. I stopped riding in September of '07 as the weather got colder. By December of '07 I had a difficult time standing or walking. Since I am a pastor, this can be a problem for me. By February of '08 I was in a lot of pain, unable to walk very far and not sleeping. I decided to get some help and went to a chiropractic clinic that specializes in spinal decompression.

This particular clinic took x-rays and diagnosed my condition as "moderately severe degenerative disc disease along with facet syndrome of the lumbar vertebrae." The clinic has an established treatment protocol that consists of 20 minute long decompression sessions five days per week for two weeks, then three times per week for two weeks and then once per week for four weeks. After each session there was a 15 minute period of specific exercises and physical therapy, 15 minutes of icing along with a TENS unit and finally a chiropractic adjustment.

After the first week of this regimen my left leg started getting profoundly numb. At the end of two weeks of treatment, I couldn't walk without crutches, my entire left leg was very numb and I lost motor control of my left leg and foot. My left leg and foot were "ice cold" to the touch. This was the condition I was in when I went to See Dr. Mark Johnson.

After the first prolotherapy treatment it took about 2 hours before I felt anything happening. Very suddenly I got some feeling back in my left leg and felt improvement in the motor control (foot drop). I would say that I was 20 % better in the fourth week after treatment. The second prolotherapy session was aggressive and painful. By the fourth week post treatment of the second session, I had fully recovered feeling and motor control (no foot drop) of the left leg. The left leg was also now normally warm to the touch. These improvements remain four weeks after the third prolotherapy session.

I have suffered for 42 years with pain. Even at this early date in my course of treatment, I feel like prolotherapy and Dr. Johnson have given me great hope of living the rest of my life doing active things and being pain free!