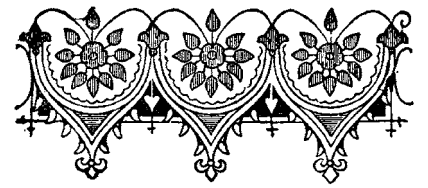


Health & Wellness



Health, Wellness & Regeneration Non-Invasive Pain Treatment, No Surgery—No Cortisone



Dorota M. Gribbin, MD

Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University – College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electrodiagnostic studies (EMG/NCV).

REGENERATE RATHER THAN REPLACE!

STEM CELLS, PLATELETS RICH PLASMA (PRP) AND PLATELETS POOR PLASMA (PPP)

Regenerate rather than replace your joints, tendons, muscles, skin, and wounds with Regenerative Injection Therapy with Growth Factors in Platelets Rich Plasma (PRP) and Kinines in Platelets Poor Plasma (PPP). PRP therapy strengthens and heals arthritic and strained joints, tendons, ligaments, muscles, and skin—including nonhealing wounds and aging skin of your face. PRP injections can be performed all over the body. It is a natural regen-

erative method of treatment of sports injuries, arthritic joints, lower back pain, disc disease, tennis elbow, carpal tunnel syndrome, ACL and meniscal tears, shin splints, rotator cuff tears, plantar fasciitis, iliotibial band syndrome, piriformis syndrome, tennis/golfer's elbow, sprained or torn muscles and neck/back pain including disc disease (herniated nucleus pulposus).

PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

PROLOTHERAPY

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage Dorota M. Gribbin, MD repair of damaged tissue. Hackett describes prolotherapy as strengthening "the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells..."

25% Dextrose (solution of sugar with a local anesthetic) is injected to tendon/ligament area. This method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part, ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

RADIOFREQUENCY: A Revolutionary Modality in the Treatment of Painful Conditions and in Body Regeneration & Rejuvenation.

Surgery should be the last resort. Most painful conditions are treated

COMPREHENSIVE PAIN AND REGENERATIVE CENTER

NATURAL PAIN RELIEF AND BODY REGENERATION

- TPIs nonsteroids trigger points injections
- RFA Radiofrequency Ablation: alleviate the pain with elevated temperature
- Pure PRP/PPP Platelets Rich Plasma/Platelets Poor Plasma
- Medical Weight Loss
- Esthetic Medicine
- Stem Cells Regenerative Treatment
- Fall Prevention Program

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conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques, RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve "turns off" a small nerve which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin, who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

FALL PREVENTION AND BALANCE DISORDERS TREATMENT

More than 90 million Americans have experienced a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85! Falls account for more than half of accidental deaths among the elderly. 30% of falls in people over 65 years result in hip fracture. 30% of surgeries for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive the first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies, posturography and VNG testing, are followed with customized balance and gait retraining with safety and vestibular adaptation training.

*For more information
call 609-588-0540*

Toll Free: 844-866-4488

Office visits by appointment

Physical Therapy

Vestibular Rehabilitation

Cosmetology Treatments

Medical Weight Loss

available on site.

www.dmgribbinmd.com