

TESTIMONIAL

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I have been miserable with Osteoarthritis in my knees for more than a couple of years and it wasn't getting better. Living on Advil, I made everyone around me miserable. I was a very unhappy little camper with the pain level associated with bone-on-bone in my knees and always trying to figure out how to limit my steps to do anything. With sleepless nights and struggling days, it came to a point where I had to do something.

Many of my friends have had surgery on their knees, and some were good, and some were bad. The horror stories of infections, re-do's, physical therapy and long recovery times were not something I wanted to jump into. Being self-employed in the construction and electronics business can have its own toll on you, but running a business with a pain level of 10, well... you just might as well shut it down. Because you just hate the world and the world hates you.

After seeing a recommended high-profile surgeon that was ready to cut ASAP, I was required to spend several days visiting the other team associates in the Houston Medical Galaxy, where one needs an electric scooter with built in navigation, and taking on tons of paper work. To make a long story short, those appointments were worse than a government audit, and way too many red flags appeared! (Mainly, it was crystal clear to me that one hand didn't know what the other hand was doing.) Why would anyone go through this? I canceled the pending surgery and all appointments. There had to be another way!

Leaning on the Internet for help, I discovered Prolotherapy, and with little more research I located Curtis Fandrich, D.O., M.P.H. (Master's of Public Health) with Houston Spine & Sports Medicine. My first appointment was in May of 2013. I felt very confident with Dr. Fandrich. Like an old friend, he was breath of fresh air. I soon began my first treatment of Prolotherapy and felt relief immediately. Dr. Fandrich helped me get my nutrition in order, managed my pain, and monitored my progress with follow up visits and Prolo shots when needed. As of June 3, 2014, I have had four Platelet Rich Plasma - PRP, treatments and the Knee X-rays to reveal and prove the new growth. This is truly amazing for me, a 63-year old! During this regeneration time, as well as now, I am still able to maintain my field service work. What a deal!!!

I highly recommend the talented and skilled Dr. Fandrich at Houston Spine & Sports Medicine (HSSM) to everyone that can benefit from prolotherapy.

Thank you Dr. Fandrich—and your wonderful staff—for giving me the use of my knees back. Oh yes, also my family and friends back...and they thank you as well!

John Reed

