

## **San Antonio Business Journal Honors Dr. Annette Zaharoff for Health Care Innovation**

SAN ANTONIO (May 3, 2011) - On Wednesday, May 11 the San Antonio Business Journal will honor Dr. Annette Zaharoff for health care innovation, from 5:30 to 7 p.m. at the McNay Art Museum. For more information on the event visit [www.sanantoniobusinessjournal.com](http://www.sanantoniobusinessjournal.com) or contact Dariela Treviño, at (210) 477.0855 or e-mail [saevents@bizjournals.com](mailto:saevents@bizjournals.com).

Dr. Zaharoff pioneered prolotherapy and platelet rich plasma injections to repair damaged tendons, ligaments, muscles and joints, and is now exploring the use of stem cell compounds acting directly on the cells and joints of the body to stimulate the proliferation of fibroblasts and regeneration of collagen and cartilage. Dr. Zaharoff is among a handful of **physiatrists** in the nation, medical doctors trained in rehabilitative medicine.



Dr. Zaharoff's practice concentrates on nerve, muscle, and bone injuries that adversely affect natural movement. Her team are experts at diagnosing and treating pain to restore maximum function lost through injury, illness or disabling, chronic conditions. The goal is to decrease pain and enhance performance *without surgery*. Her specialty impacts a great majority of the active population since 90 percent of all injuries are non-surgical. If surgery is required, Dr. Zaharoff expedites a referral to a surgeon and follows the patient post-operatively to develop a rehabilitation program.

Athletes are a natural audience for Dr. Zaharoff – who was once a professional tennis player that toured the globe – she also treats musicians, weekend warriors, Baby Boomers, anyone striving to manage chronic joint pain.

According to Dr. Zaharoff many people believe surgery is the best way, or only way, to successfully treat certain painful conditions or injuries. Yet she's utilizing cutting-edge techniques to help patients not only manage their pain, but overcome it – without an operation.

Dr. Zaharoff is a staunch proponent of the non-surgical approach, and volunteers her time to treat under-served communities in Central America. She's traveled to Honduras and Mexico to

train physicians on the use of injection therapies, and has administered treatment to hundreds of patients during these trips.

## **Breaking New Ground With Injection Therapies**

Two unique services offered by Dr. Zaharoff are prolotherapy and platelet rich plasma injections. Both are utilized to repair damaged tendons, ligaments, muscles and joints. The injections involve the use of solutions such as blood platelets and dextrose which stimulate the body's natural repair process and help acute injuries heal faster or help chronic injuries that don't heal. These injections put the body into "hyper-drive" to heal an injury quicker than normal, or heal an injury the body can't repair on its own.

**In fact, Dr. Zaharoff is the only physician in San Antonio, and possibly in all of South Texas, offering prolotherapy and one of only several physicians performing Regenerative Injections to treat patients.**

Dr. Zaharoff has been doing these injections for more than seven years and is now forging cutting-edge trials using stem cell compounds to regenerate growth of cells, cartilage and tissue.

Degenerative knees and hips are a growing problem in the United States. Specialists see patients as young as 40 electing knee or hip replacement surgeries. Yet Dr. Zaharoff has successfully treated thousands of patients using the non-surgical Regenerative Injection Therapy, which usually involves a series of monthly injections administered over three-to-six months. The injections stimulate new growth of cartilage to worn-down tendons, re-stabilizing the degenerative joint.

The attached accounts from actual patients are testaments to the benefits of Dr. Zaharoff's approach which is a less expensive alternative to surgery for many common injuries.

**The Non-Surgical Center of Texas** located at 9631 Huebner Road, is comprised of an 11-member staff including two licensed physical therapists, a licensed physical therapy assistant and trained technicians.

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