

**Retired Police Detective Returns To Firing Range
After Near-debilitating Bout With Golfer's Elbow
*Revolutionary New Therapy Used To Treat Injury Without Surgery***

San Antonio, TX – The pain in Bill McLennan's right arm was a dull ache on the inside of his elbow most of the time. But it progressed to the point last year that the retired San Antonio police detective and police academy shooting range master couldn't fire a pistol without sending waves of stinging needles up and down his arm.

Two decades earlier, McLennan had sought the help of Dr. Annette Zaharoff for a back injury. He returned to her again and again over the years to treat a variety of injuries. He trusted her to help him deal with this latest ailment.

Dr. Zaharoff's practice is **The Non-Surgical Center of Texas**, which specializes in non-surgical treatment of physical injuries and pain. This runs the gambit from muscle, nerve and joint injuries to chronic and recurrent injuries. She is among a handful of **physiatrists** in the nation, medical doctors who specialize in physical rehabilitation and treatment of the whole patient, not just the problem area, without surgery.

Dr. Zaharoff diagnosed McLennan with golfer's elbow, an inflammatory condition similar to tennis elbow. "She explained it to me as a deterioration of the tendon," McLennan recalled. "Think of it as a grass rope and all the fibers start to fray. She told me if you neglect it, it can become chronic."

McLennan started physical therapy but the injury didn't seem to heal. That's when Dr. Zaharoff talked to him about a relatively new treatment called platelet rich plasma (PRP) Therapy. "I was reluctant to do it at first," McLennan said. "But ultimately, the pain made me change my mind."

Dr. Zaharoff took a sample of McLennan's blood and placed it in a centrifuge, essentially a cylinder that spins at high speeds. The spinning separated the platelet cells – which help initiate the healing process in damaged tissue -- from the rest of his blood. Then, she injected this platelet-rich plasma into the area around his right elbow. "She deadened it so I didn't really feel anything," McLennan said.

About a week after the PRP therapy, McLennan said, his arm felt much better. Six weeks later, he asked for a second round of PRP therapy to take care of the last twinges of pain. McLennan says he's been pain free in his right arm ever since.

“There was no anesthesia, no surgery and no time in a hospital bed,” McLennan said. “For me, it was a simple, effective treatment. My injury was so bad I couldn’t shoot a gun. Now, I’m out on the range shooting big guns.”

McLennan says he’s also grateful that Dr. Zaharoff volunteers her time to work with police cadets and teach them about wellness and taking care of themselves. “She believes in giving back to the community.”

McLennan says he would recommend Dr. Zaharoff to anyone looking to take care of an injury. For the past 20 years, he’s followed Dr. Zaharoff’s recommended therapy for treating his back injury, which involves stretching and yoga. “I’m 65 and when I get out of the chair, I get up and walk away. I’ve seen people my age or younger who struggle to do that.”

Although serious athletes are a natural audience for Dr. Zaharoff – who was once a professional tennis player who toured the globe – she also treats musicians, weekend warriors, Baby Boomers striving to manage chronic joint pain or anyone who needs relief from physical pain or injury.

For more information, call The Non-Surgical Center of Texas at 210.616.0646. Or visit them on the web at www.DrZMD.com.

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