

What to Expect with Neural Therapy

What Is Neural Therapy?

Neural therapy is a gentle healing technique which was originally developed in Germany. It involves the injection of local anesthetics into scars, acupuncture points, trigger points and other tissues. Neural therapy is based on the theory that trauma can produce long-standing disturbances in the electrochemical function of tissues. A correctly applied neural therapy injection can often instantly and lastingly resolve chronic long-standing illness and chronic pain. Neural therapy as a comprehensive healing system is still unfamiliar to many physicians in North America, although in Europe it has become one of the most widely used modalities in the treatment of chronic pain.

In our clinic, we have found that the use of neural therapy can substantially improve a patient's response to other therapies done for pain such as chiropractic, acupuncture, massage and physiotherapy. It is also a very good way of releasing physical and emotional traumas from the nervous system and can be useful in the psychological work that may need to be done after a significant accident or traumatic medical intervention.

Neural therapy has been successfully used in my clinic for pain, muscle tension, post-surgical issues, migraines, chronic sinusitis, to help resolve abscesses, to improve lymphatic drainage, improve venous stasis and a list of other common complaints.

What Solution Is Used?

A 1-2% solution of procaine is used. This is a short acting anesthetic that lasts about 10 minutes. A fine needle is used to put a small amount just under the skin. The nervous system is an amazing network of fibers, and in neural therapy, we affect the functioning of those fibers in the skin, allowing them to achieve a more balanced function.

How Many Injections Can I Expect?

The number of injections will vary depending on areas of pain and dysfunction identified as the session progresses. Most people are quite surprised to find areas far away from the "symptom" areas are indicated as being part of the problem.

Being Prepared for the Session

It is best if you wear loose clothing for the session, since we may need to get at a shoulder or a hip or a knee point.

How Many Sessions Will I Need?

The number of sessions will really depend on how much work there is to do! A major accident may need 3 to 6 sessions over a year to completely resolve, but many times 1 to 3 sessions will make a major difference in a localized area. Injections for migraines may only need a few sessions during an active headache to substantially decrease the incidence and severity. A scar may need a handful of sessions over time, as it takes about 2-3 months to see the full cosmetic effect on the scar and 1-2 months to see the full tissue release occur through many layers.

What Is the Physical Effect of Getting The Injection?

The solution we use is buffered, meaning that it approximates the pH of the skin. What we do find is that there may be a sharp sensation as the solution goes in that dissipates quickly. Sometimes there is no sensation at all. Points where the muscles or nervous tissue are under a lot of tension/strain or pain are usually a bit more tender, as are points in the hands or feet.

Even those patients with an intense fear of needles come back for this treatment, as it is so effective. Tell us ahead of time if you are really uncomfortable around needles.

If you have previously had a reaction to anaesthetics please let Dr. Gaul know.

The solution causes a bump that looks a bit like a hive. It lasts between 20 minutes and an hour and then disappears as the solution dissipates. There may be a very small amount of bleeding.

After the initial neural session you may feel tired and want to go home and rest. This effect is typically not as marked with subsequent sessions.

What Can I Expect After The Session?

You will need to make sure that you drink water reliably for several days after the treatment. Doing Neural Therapy can quickly normalize a circulation through a body part and you want plenty of water to help decongest the area.

We have a water cooler in the clinic, but feel free to bring a bottle to fill to take home!

Dr. Gaul recommends that you wait 72 hours before doing another therapy to the area such as chiropractic, massage, acupuncture or physiotherapy. Sometimes it can reactivate the nervous system to have too much intervention too soon.

There are several reactions that can be experienced when the correct places have been treated:

- There is complete relief of a symptom for 20 hours or longer. This is a good sign that we've hit the right spot! You may still require more sessions, but usually if this occurs, if you do have a recurrence it will be less intense and more localized/less generalized. Remember to take good notes about what you notice hurting or changing after your session – this info may hold the key to finding the ultimate cause.
- Another set of symptoms appear that had pre-existed the current symptom state. For example, a person is treated for neck pain and after the injections they re-experience strep throat that they have had in the past. The throat is treated and then a prior pelvic pain that was present with an infection reappears, etc.
- Relief that lasts less than 2 hours. This indicates that we may be treating the wrong area or there is a major area that is contributing that we missed.
- Delayed phenomenon where there is no immediate improvement of symptoms. However, within 16-20 hours the person becomes asymptomatic. This is frequently observed in illnesses where an actual structural healing process is needed before the patient can become free of symptoms.
- No relief at all. This is rare, but indicates that the problem may be something deeper. For example, if pain is being caused by bone metastases in cancer NT often will not work.
- You may also experience emotional reactions. For example, a woman with a pelvic area spot who has a brief memory of sexual abuse in childhood. She feels anger, rage and tears, usually successfully released within a few minutes. Sometimes a grieving process follows that can last up to several weeks. The end result most commonly is that her chronic pain, pelvic pain or other symptom has completely subsided. A person who is having trouble handling the emotions released may experience a worsening of pain temporarily.
- Reversed phenomenon: This is where the symptoms worsen for 16-20 hours but then start to improve.

Have more questions? Call us or discuss it at your next appointment.