



# AN INTEGRATIVE APPROACH TO PAIN MANAGEMENT AND REHAB WITH OZONE

PRESENTED BY KIM LOOK AND  
DR. SARA MARIA ALFARO CRISTALES

# Presenting...



## Dr. Sara Maria Alfaro Cristales

Dr Sara Alfaro is a trained Psychiatrist and Rehabilitation specialist treating musculoskeletal pain with an integrative approach. She focuses on improving not only function and activities of daily life but wellness programs including Bioregulatory Systems Medicine and Mind-Body Medicine. Dr. Alfaro is a trainer in the world of pain management using these modalities to help other physicians maximize their outcomes



## Kim Look

Over the last ten years, except for physician, she has held every clinic position, She has owned and sold three clinics and helped start six others

She works as a trainer for ozone, ultraviolet, and IV nutritional therapies. She has worked nationally and internationally to build integrative practices both clinically and operationally and loves to share her proven strategies in taking start ups or small clinics to international destination status bringing in millions in health care sales.



## Q U E S T I O N

**Is ozone a solution for acute and chronic pain?**

## A N S W E R

- Ozone increases oxygen utilization capacity locally and systemically
- Stimulates NRF-2 pathway – regulating antioxidant production and stem cell production
- Modulate pain – regulating cytokines
- Help recruit stem cells locally
- Expedite healing in tissue
  
- Chronic solution is much more than just addressing pain – it actually regenerates healing response.



## Q U E S T I O N

**Can you inject ozone into a joint solo?**

## A N S W E R

Yes! But....

Pain levels may be more than patient needs to endure.

Formulations can help with pain and work synergistically to enhance ozone

# Frequently Asked Questions



## QUESTION

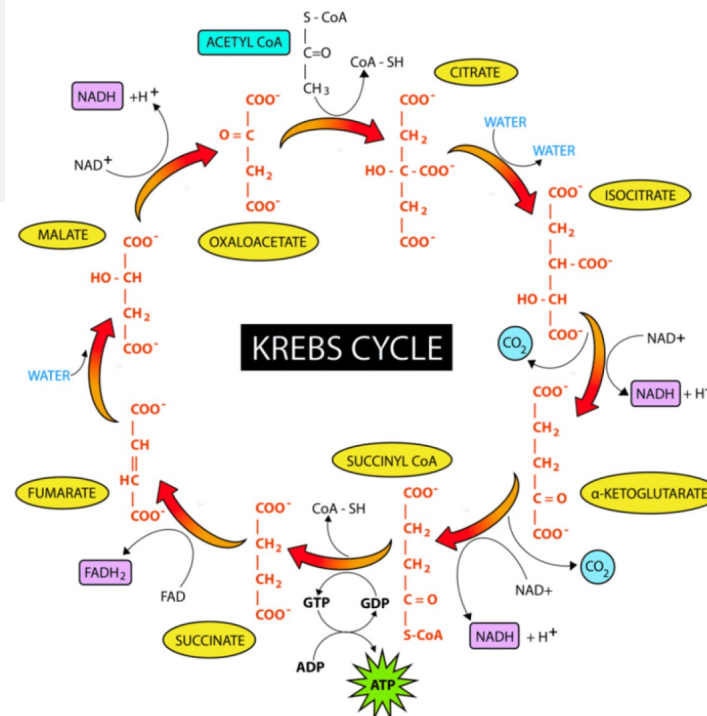
What other injectables are good with ozone?

## ANSWER

Procaine - 0.5-1%  
Vitamins – B12, B6, B1  
Dextrose

### Co-enzymes

- Acidum cis-aconiticum D8
- Acidum citricum D8
- Acidum fumaricum D8
- Acidum alphaketoglutaricum D8
- Acidum DL-malicum D8
- Acidum succinicum D8
- Barium oxalsuccinicum D10
- Natrium diethyloxalaceticum D6
- Natrium pyruvicum D8



# Frequently Asked Questions



## QUESTION

**What other injectables are good with ozone?**

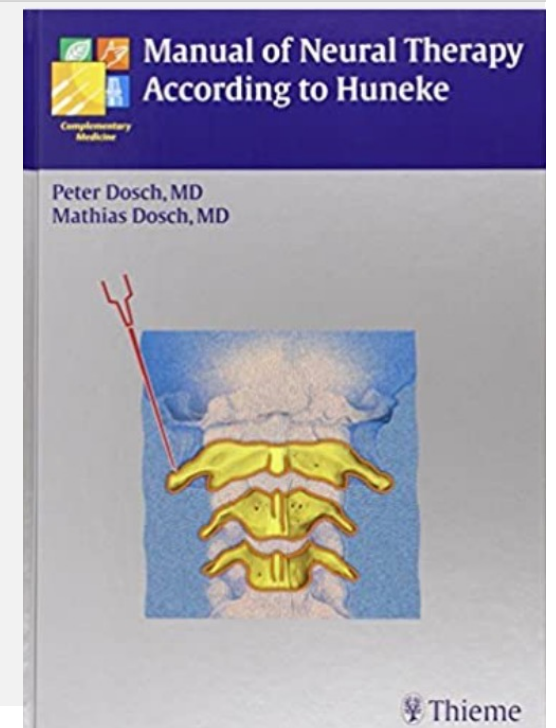
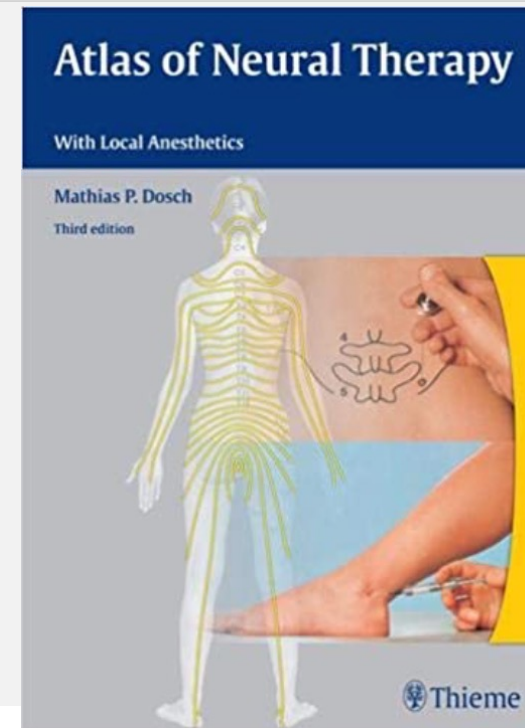
## ANSWER

Procaine – Neural Therapy

- Para amino benzoic acid
- Hyper polarizes membrane of cell
- Very short half life
- Not a great anesthesia
- Little hepatic metabolism
- High safety level – higher volume usage

For:

- Interference fields
- Scars
- Neural communication



# Frequently Asked Questions



## QUESTION

**What other injectables are good with ozone?**

## ANSWER

### Homeopathics:

- Traumeel
- Zeel
- Coenzyme



# Frequently Asked Questions



## Q U E S T I O N

**What other combinations are compatible with ozone?**

## A N S W E R

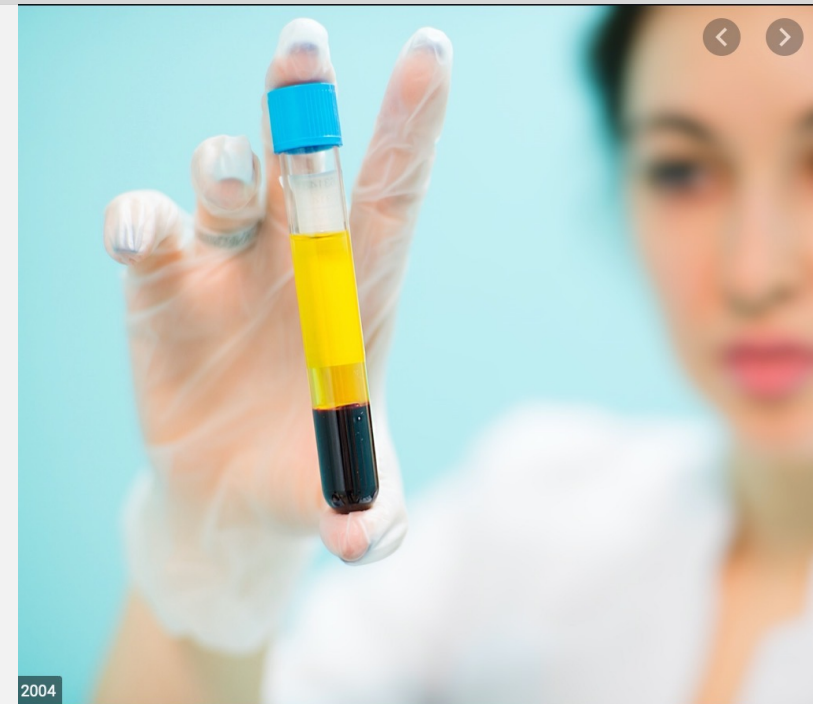
Ozonized PRP

- Increase release of growth factors
- Decreases risk of infection in joint
- Stimulates stem cell recruitment
- Using higher ug/ml (gamma) per Dr. Bocci

**Studies on the biological effects of ozone: 11. Release of factors from human endothelial cells**

[G Valacchi<sup>1</sup>](#) [V Bocci](#)

<https://pubmed.ncbi.nlm.nih.gov/11213910/>







## Q U E S T I O N

**What is your typical mixing protocol for using ozone with PRP?**

## A N S W E R

**Proposed ideal concentration for ozonizing plasma - 80 ug/ml**

# Frequently Asked Questions



## Q U E S T I O N

**What is your approach in terms of dosage of ozone?**

## A N S W E R

Bocci philosophy – “start low and go slow”

**Dosage:**

- 18-20 ug in joints or muscles
- 5-10 ug for tissue injections

**Volume:**

- Hands/Fingers: 5cc “glove technique”
- Knees/Hips: 20cc
- Ankle: 10-20cc inside joint and ligament

**Frequency:**

- Initial dose, controlled session in a week, 3<sup>rd</sup> week and then 5<sup>th</sup> week

# Frequently Asked Questions



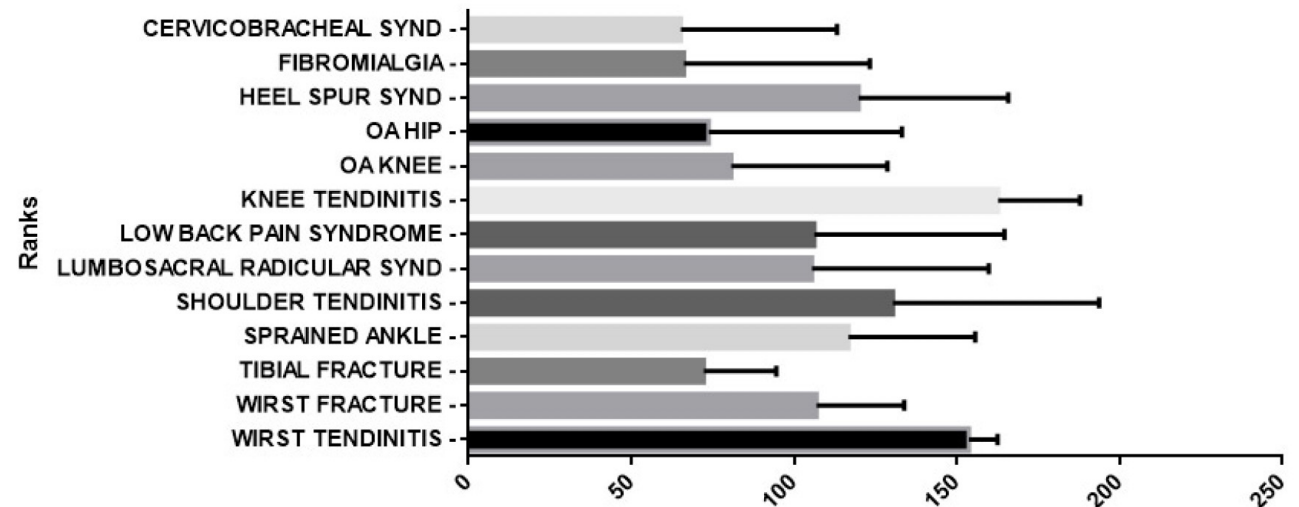
## QUESTION

**Do you have to be a joint specialist to inject joints with ozone?**

## ANSWER

No. Just increasing oxygenation around joints can improve range of motion and decrease in pain.

**NUMBER OF SESSIONS / PERCEPTION OF IMPROVEMENT RATIO**



# Frequently Asked Questions



## Q U E S T I O N

**What type of treatment plan do you see work the best for your patients utilizing everything you have to offer?**

## A N S W E R

- 1a: Prolozone starts healing process and to get bulk of pain managed with
- 1b: Physical Therapy to strengthen muscles and gain movement and function – good biomechanics
- 2: PRP to increase healing capacity and promote regeneration of tissue
- 3: Possible systemic treatments
- 4: Possible products like ozone oils

Pain and Rehabilitation done right – an integrative approach!

- Look at patient as a whole
- Finding biomechanical triggers/causes of the pain
- Weight, sleep, stretching, lifestyle and TEETH
- Emotions

# Frequently Asked Questions



## QUESTION

Share 1-2 case studies you have with ozone.

## ANSWER





# THANK YOU!

For more information: [www.medmasters.org](http://www.medmasters.org)

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