

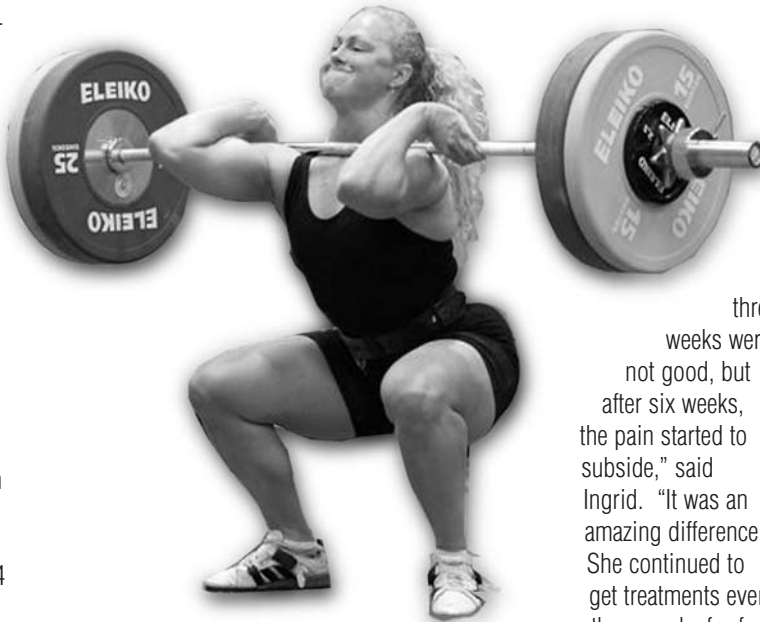
Athlete's Desire To Win Gives Her A Second Chance To Compete!

Ingrid Marcum has been a competitive athlete most of her life. She was a gymnast for 20 years, and a weightlifter for five years. In 2003, while she was in weightlifting, a bobsledding scout approached her and asked if she was interested in trying bobsledding. She agreed to give it a try, and represented the United States in the World Cup Games on the women's bobsled team.

During her involvement with sports, Ingrid said she had some instability problems in her lower back. But it was in October, 2004 that her back pain began to get more serious. The pain continued to worsen until she had to stop all training—for weightlifting and bobsledding. "There was a point at which I felt like I was completely done as an athlete," said Ingrid. "The only way I could sleep was with a bunch of pillows under me so I was in a sort of fetal position. Just sitting was also a problem, and I couldn't even lean over the sink to brush my teeth."

Ingrid had gotten some cortisone injections which gave her some short-term relief, but the pain would always come back. Then, Dr. Mark Lavallee, a local sports medicine specialist and well respected consultant to weight lifters, saw Ingrid at a wrestling event. She made an appointment to discuss her back problem. He looked at her MRI and bone scan, and recommended prolotherapy at Corrective Care. So she decided to look into this treatment option.

Dr. Mark Cantieri reviewed Ingrid's x-rays, MRI and medical history. During her athletic career, she had incurred various fractures, sprains, strains and torn ligaments. Recent x-rays and an MRI of her



Ingrid competed in the 2003 national weightlifting championship. She lifted as a 69-kilo lifter, and won first place in the snatch—lifting 90 kilos!

lower back revealed marked degenerative disk disease at her lower two lumbar levels, and arthritis of the facet joints in her lower back. After examining Ingrid, Dr. Cantieri recommended prolotherapy to stimulate the growth of new tendon and ligamentous tissue (not scar tissue), and stabilize the spine and sacroiliac joints.

"I informed her that the prolotherapy would not affect her facet arthritis or degenerative disk disease," said Dr. Cantieri. "Many patients have degenerative disk disease, but this is not the actual source of their pain, nor are the arthritic changes noted on the x-rays."

Ingrid decided to proceed with the treatment. After her first appointment, the pain actually got worse. "The first

three weeks were not good, but after six weeks, the pain started to subside," said Ingrid. "It was an amazing difference." She continued to get treatments every three weeks for four months. "My right side was significantly weaker than my left side," she continued.

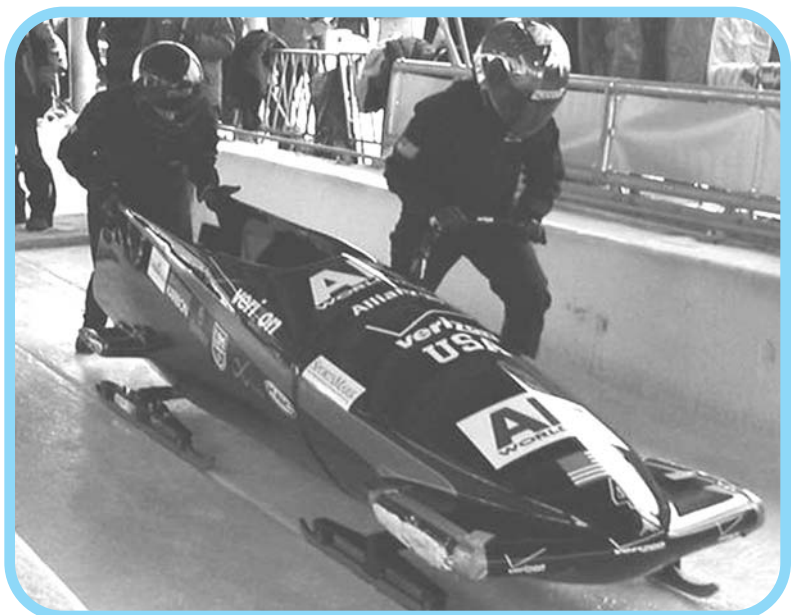
"But with each treatment, my right side got stronger."

The training for the bobsled season had already started, and Ingrid got a medical waiver to miss

the first push camp. But she needed to go to the second one. "I went in with no training for six months, and had no high expectations," she said.

To her surprise, she lasted the whole week, and got invited back until she reached the final stage in Lake Placid. Her team set the track record in women's bobsledding at Lake Placid, and went on to finish second overall in the America's Cup circuit.

Ingrid narrowly missed making the Olympic women's bobsled team for 2006. However, she felt it has been quite an honor to train and compete with some of the best athletes in the world! "Now that the pain is gone and I was able to get back into the sports I love—bobsledding and weightlifting—everyday I'm able to train and compete is just a bonus," said Ingrid. "The prolotherapy has been my saving grace as an athlete."



Ingrid participated at the official international bobsled training on the Olympic track in Torino, Italy in December. She was pushing with driver Jean Prahm (formerly Racine), who was fifth in the 2002 Olympics, and will be competing in the 2006 Olympics.