Beyond co-founding Physical Medicine & Pain Management Associates, Dr. Tham and his partners are renown by their peers for their continual efforts to introduce new and innovative treatments in Maryland. Their continual desire to provide unique and custom care to every patient is why Dr. Tham and his partners were some of the first to introduce Prolotherapy to Maryland, and are known throughout as the authorities for its effectiveness as a treatment. Prolotherapy is a natural treatment style, aiming to assist the body with its natural healing efforts. Its low risk of side effects combined with the potentially permanent results make it a great alternative to surgery. To treat with Prolotherapy, the provider injects the patient with a proliferant (a mild irritant) that stimulates the body to bring several inflammatory and growth mediators to the injected area. The inflammation produces a collagen (the raw materials of ligaments and tendons) that stimulates the growth of stronger, thicker tissue. As a result, there is potential repair, strengthening and healing of tissue fibers.

Outside of Prolotherapy, our practice offers many other alternative treatments in Maryland, including:

• Trigger Point Injections  • Joint & Soft Tissue Injections
• Epidural Steroid Injections & Select Nerve Root Blocks  • Peripheral Nerve Blocks
• Radiofrequency Denervation/Neurotomy  • EAStG & NCS Studies  • Discography
• spinal Cord Stimulator Trials  • Sympathetic Block  • Sacroiliac & Zygapophysial Injections
• Botulinum Toxin Injections

Prolotherapy along with other alternative treatment options have proven successful treatment methods for many patients seen not only by Dr. Tham, but all of our providers. PMPMA accepts most insurances. Call today to take the first step in treating Musculoskeletal disorders with PMPMA.