

Prolotherapy Informed Consent Form

I, _____, have been advised and consulted about the injection technique of Regenerative Injection Therapy, also known as Prolotherapy. I have been advised that Prolotherapy is an established treatment technique used to tighten and strengthen weak and damaged ligaments and tendons which are believed to cause pain and instability. It is also used to decrease pain and improved function in some forms of arthritis. The technique requires the injection of local anesthetic (Procaine, Marcaine, and/or Lidocaine), 25-50% Dextrose (sugar water), and methylcobalamin (vitamin B12). The sight of the injection is where the ligament or tendon attaches to the bone, at the joint capsule, a trigger point and/or inside the joint.

I understand the BENEFITS of the procedure are to improve or resolve pain and improve function. I have been informed that the procedure has been used on millions of patients and has been proven safe. The procedures may initially increase pain in the area or worsen symptoms for one to three days and then decrease pain and symptoms but may not completely eradicate them. I understand that this treatment may not be covered by my insurance due to some insurance companies considering this treatment to be experimental and that I am responsible for the total charge of the treatment.

I have been informed of that the ALTERNATIVES to Prolotherapy include:

- Do Nothing
- Steroid Injections
- Surgical Intervention
- Manipulation
- Acupuncture

I have been informed that the RISKS and COMPLICATIONS of Prolotherapy include:

- Immediate pain at the Injection Site
- Bruising
- Allergic reaction to the solution
- Itching at the injection site(s)
- Stiffness in the injected joint
- Swelling after joint injections
- Injury to the nerve and/or muscle
- Temporary or permanent nerve paralysis
- Lung puncture or collapsed lung
- Dizziness or fainting
- Bleeding
- Spinal cord injury from back injections
- Headache from back injections
- Infection from the injection
- Nausea/Vomiting
- Death due to complications of the treatment
- Temporary blood sugar increase
- Treatment may be ineffective

I have been informed that the risks of NO Prolotherapy include:

- No pain relief
- Continued instability of damaged joint or ligament(s)
- Worsening of painful condition or symptoms

Patient Name (printed): _____

Patient Signature: _____

Date: _____

Witness Name (Printed): _____

Witness Signature: _____