



INFORMED CONSENT PROLOTHERAPY

Prolotherapy is an injection technique that is used to treat ligamentous and musculoskeletal injuries, pain and dysfunction.

Prolozone is the use of prolotherapy with the addition of Ozone into the tissues.

Both of these procedures are proliferative in nature, meaning they increase the strength of the ligament, tissues and fascia. Noted relief of pain can be experienced as well as an improvement in function of the joint, limb and person. This is not an anti-inflammatory procedure.

PLEASE DO NOT TAKE ANTI-INFLAMMATORY MEDICATIONS, SUCH AS IBUPROFEN, ADVIL, NAPROXYN, ALEEVE, ASPIRIN. IT IS OK TO TAKE TYLENOL. ALSO DO NOT USE TURMERIC, OTHER HERBS.

Risks: Bleeding, infection at site, tendon rupture,

Benefits: Less pain, improved function, decreased swelling and recovery of joint or area.

Alternatives: PRP, Cortisone injections, NSAID's, physical therapy, massage, no treatment.

Studies show that with good technique, there is no additional imaging required such as ultrasound or fluoroscope.

Prolotherapy may be used in conjunction with a physical therapy program, rehab program and or osteopathic manipulation. It is always important to align joints for treatment.

You may need anywhere from one to six treatments, this is determined based upon your recovery and ongoing needs. Your treatment plan is based upon an evidence-based approach to prolotherapy, the experience of Dr. Louder and her staff and your individual needs.

I have read the above and I agree to allow Dr. Louder to perform this procedure.

SIGNED: _____ DOB: _____ DATE: _____

WITNESS: _____ DATE: _____