

Prolotherapy and PRP Informed Consent

I, _____ have been advised and consulted about the injection technique of Regenerative Injection Therapy (RIT), also known as Prolotherapy.

I have been advised that RIT 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 (Lidocaine) plus 5-12.5 % Dextrose (sugar water). Occasionally, your own blood (platelet rich plasma - PRP) is used. The site of the injection is where the ligament or tendon attaches to the bone, at the joint capsule or inside the joint.

I have been informed that the procedure has been used on millions of patients and has been proven safe and evidence-based. The procedures may initially increase my painful area or reproduce my symptoms for one to three days (and occasionally as long as ten days) and then may decrease my pain complaints, but may not completely eradicate them. I understand some insurance companies have determined this treatment to be considered a non-covered expense.

I understand the BENEFITS of the procedure are improved or resolved pain and improved function. I have been informed of that the ALTERNATIVES to Prolotherapy are:

1. Do Nothing
2. Surgical Intervention may be a possibility
3. Injections with steroids may also be helpful, but usually do not give long lasting results, and weaken collagen.
4. Manipulation may be helpful in temporary pain relief.
5. Physiotherapy is a helpful adjunct.

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

1. Immediate pain at the injection site
2. Stiffness in the injected joint
3. Bruising
4. Headache during back injections
5. Allergic reaction to the solution
6. Itching at the injection sites
7. Nausea/vomiting
8. Dizziness or fainting
9. Swelling after joint injections
10. Bleeding
11. Temporary blood sugar increase
12. There may be no effect from the treatment

Very rare (less than 1:5000 to 1 in 1 million):

13. Pneumothorax (collapsed lung) when injecting near the lungs
14. Death from complications of the treatment
15. Infection from the injection
16. Injury to the nerve and/or muscle
17. Spinal cord injury during back injections
18. Temporary or permanent nerve paralysis

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

1. No relief of the pain

2. Continued instability of the damaged joint or ligament and probable worsening of your painful condition.

I understand this procedure is usually not covered by insurance and I am personally responsible for the total invoice. PRP generally costs \$600 per treatment area, and prolotherapy \$150-\$250

Patient Signature _____ Witness _____

Physician Signature _____ Date _____