



# NATURAL HEALING FAMILY MEDICINE

LORI WIESER N.D.  
NATUROPATHIC PHYSICIAN

## **Prolotherapy, Prolozone, Platelet Rich Plasma (PRP), Trigger Point Therapy, Therapeutic Ultrasound, Prologel, Kinesio Taping Informed Consent and Before & After Care Instructions**

I, \_\_\_\_\_, have been advised and consulted about the injection techniques of Prolotherapy, Prolozone, Platelet Rich Plasma (PRP), Neural Therapy, Trigger Point Injections, Therapeutic Ultrasound in conjunction with Prologel for pain, ligament, and joint dysfunction treatment, as well as kinesio taping.

### **Prolotherapy:**

I have been advised that Prolotherapy is an established technique for tightening of the ligaments. The technique requires the injection of local anesthetic (Procaine or Lidocaine) and concentrated sugar water or dextrose. On occasion, Sodium Morrhuate (highly refined cod liver oil) is added to the injection. The site of the injection is where the ligaments attach to the bones.

I have been informed that the procedure has been used on thousands of patients and has been proven generally safe. I understand this procedure MAY alter and decrease my pain complaints, but may not completely eradicate them.

I have been informed that the alternatives to Prolotherapy are:

1. Doing nothing.
2. Surgical intervention may be a possibility.
3. Injections with steroids may also be helpful, but often do not provide lasting results.
4. Continued manipulation may be helpful.

I have been informed that the risks and complications of Prolotherapy are:

1. Immediate pain at the injection site.
2. Allergic reaction to the anesthetic.
3. Spinal cord injury during back injections.
4. Pneumothorax - air on the outside of the lung.
5. Infection at the injection site.
6. Injury to the nerves and muscles at the injection site.
7. Temporary or permanent nerve paralysis.
8. There may be no effects from the treatment.
9. Death from complications of the treatment.

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

1. No relief of the pain.
2. Continued degeneration of the joints adjacent to the ligament laxity.

### **Prolozone:**

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I have been advised that Prolotherapy is an established technique for tightening of the ligaments. The technique requires the injection of local anesthetic (Procaine or Lidocaine) and concentrated sugar water, dextrose, and B vitamins. This is followed by a specified amount of ozone/oxygen. On occasion, Sodium Morrhuate (highly refined cod liver oil) is added to the injection. The site of the injection is where the ligaments attach to the bones.

I have been informed that the procedure has been used on thousands of patients and has been proven generally safe. I understand this procedure MAY alter and decrease my pain complaints, but may not completely eradicate them.

I have been informed that the alternatives to Prolozone are:

1. Doing nothing.
2. Surgical intervention may be a possibility.
3. Injections with steroids may also be helpful, but often do not provide lasting results.
4. Continued manipulation may be helpful.

I have been informed that the risks and complications of Prolozone are:

1. Immediate pain at the injection site.
2. Allergic reaction to the anesthetic.
3. Spinal cord injury during back injections.
4. Pneumothorax - air on the outside of the lung.
5. Infection at the injection site.
6. Injury to the nerves and muscles at the injection site.
7. Temporary or permanent nerve paralysis.
8. There may be no effects from the treatment.
9. Death from complications of the treatment.

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

1. No relief of the pain.
2. Continued degeneration of the joints adjacent to the ligament laxity.

Contraindications of Prolozone are:

1. Glucose-6-phosphate dehydrogenase deficiency (favism, acute hemolytic anemia)
2. Toxic Hyperthyroidism
3. Thrombocytopenia
4. Severe cardiovascular instability
5. Acute alcohol intoxication
6. Acute infarct of myocardium
7. Massive and history of acute hemorrhage
8. During convulsive states
9. Hemochromatosis
10. Current treatment with copper and iron
11. Ozone should never be inhaled

## **Platelet Rich Plasma (PRP):**

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I have been advised that Platelet Rich Plasma 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 Platelet Rich Plasma derived from my own blood according to standard Yes PRP Techniques. The sight 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 many patients and has been proven safe. 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 experimental due to the lack of large research studies in the scientific literature.

I understand the BENEFITS of the procedure are improved or resolved pain and improved function.

I have been informed of that the ALTERNATIVES to Platelet Rich Plasma 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.
4. Manipulation may be helpful in temporary pain relief
5. Acupuncture may afford some relief

I have been informed that the RISKS and COMPLICATIONS of Platelet Rich Plasma 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. Infection from the injection
7. Injury to the nerve and/or muscle
8. Spinal cord injury during back injections
9. Temporary or permanent nerve paralysis
10. There may be no effect from the treatment
11. Pneumothorax (collapsed lung) when injecting near the lungs
12. Death from complications of the treatment
13. Itching at the injection sites
14. Nausea/vomiting
15. Dizziness or fainting
16. Swelling after joint injections
17. Bleeding
18. Temporary blood sugar increase

I have been informed that the risks of NO Platelet Rich Plasma are:

1. No relief of the pain
2. Continued instability of the damaged joint or ligament and probable worsening or your painful condition.

I understand this procedure is usually not covered by insurance and I am responsible for the total charge myself.

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## **Neural Therapy and Trigger Point Injections:**

I have been advised that Neural Therapy and Trigger Point Injections are injection techniques frequently used to help patients with long-standing pain. These techniques require the injection of local anesthetics (Procaine or Lidocaine), B12, and occasionally homeopathic compounds are injected at the same time. The injections are done into myofascial pain areas and both old and new scars. I understand that this technique has been used for many years in Europe and South America and has proven to be useful in treating pain.

I have been informed that the alternatives to Neural Therapy and Trigger Point Therapy are:

1. Doing nothing.
2. Chemical anesthesia, or strong drugs such as Codeine, Morphine, Demerol (There is high risk of addiction to these drugs).

I have been informed that the risks of Neural Therapy and Trigger Point Therapy are:

1. Allergic reactions to the local anesthetic.
2. Pain at the injection site.
3. Infections at the injection site.
4. Death from complications of the treatment.

I have been informed that the risks of not using Neural Therapy or Trigger Point Therapy include:

1. Continued pain and somatic dysfunction.

## **Therapeutic Ultrasound:**

I have been advised Therapeutic Ultrasound is applied using a transducer or applicator that is in direct contact with the patient's skin. Gel is used on all surfaces of the Therapeutic Ultrasound head to reduce friction and assist transmission of the ultrasonic waves. Therapeutic Ultrasound in Physical Therapy is alternating compression and rarefaction of sound waves with a frequency of >20,000 cycles/second. Therapeutic Ultrasound frequency used is 0.7 to 3.3 MHz. Maximum energy absorption in soft tissue occurs from 2 to 5 cm. Intensity decreases as the waves penetrate deeper. They are absorbed primarily by connective tissue: ligaments, tendons, and fascia (and also by scar tissue). Conditions which Therapeutic Ultrasound may be used for treatment include the follow examples: Ligament Sprains, Muscle Strains, Tendonitis, Joint Inflammation, Plantar Fasciitis, Metatarsalgia, Facet Irritation, Impingement Syndrome, Bursitis, Rheumatoid Arthritis, Osteoarthritis, and Scar Tissue Adhesion.

I have been informed that alternatives to Therapeutic Ultrasound are:

- 1.) Do nothing
- 2.) Hydrotherapy

I have been advised that the risks and complications of Therapeutic Ultrasound are:

- 1.) Potential for a "shock like" sensation if the Ultrasound wand is held over a bony prominence for an extended period of time.

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The use of Therapeutic Ultrasound is NOT recommended:

- Over organs (stomach, liver, lungs, spleen, bowels, heart, kidneys)
- Over the pelvis, abdomen and lumbar (lower back) region in pregnant or potentially pregnant females.
- Over highly Therapeutic Ultrasound-sensitive organs (eyes, ears, ovaries, testicles, brain, spinal cord): due to risk of retinal damage or cataracts, TM rupture, heat induced sterility, sensitive tissues.
- Over mucous membranes (mouth, nose, etc.): due to sensitive tissues.
- On patients with pace-makers, on patients with phlebitis, also deep venous thromboses: due to sound waves decreasing performance or dislodging clots.
- On patients with hemophilia: due to risk of bleeding with increased blood flow.
- On patients with spina bifida or surgical laminectomies of the spine: due to sensitive tissues.
- On tissue and/or bone with active infection: due to risk of spreading
- Over areas suspected to be cancerous or pre-cancerous: due to risk of spreading.
- Over de-sensitized (numb, hypoaesthesia) areas of the skin (e.g. diabetic neuropathy): due to already damaged tissues.
- Over open sores or lesions: due to sensitive tissues
- In the front of the upper neck (thyroid region): due to sensitive tissues.
- Over areas that have had Cortisone injections in the last 30 days: due to an opposing desired effect.
- Over plastic and electronics: due to heat conductivity, and risk for burns.
- Over metal implants: only pulsed waves are acceptable vs. continuous waves.
- Over skin areas that have been exposed to radiation therapy: wait 6 months after last radiation treatment before using Therapeutic Ultrasound.
- Over pelvis and lumbar area of menstruating women: may increase menstrual flow.
- Therapeutic Ultrasound devices emits sound waves that vibrate tissue and also cause them to heat up due to vibration. Therefore, you don't want to use Therapeutic Ultrasound over delicate tissues, loosen things that shouldn't be loosened, or heat things up that shouldn't be.

## Prologel:

I have been advised that we may use Prologel with or without Therapeutic Ultrasound. Prologel is a proprietary formula which contains a special formulation of lecithin to help disperse the other ingredients in Prologel. Cetyl Myristoleate one of the other ingredients, and Cetyl Myristoleate has been discovered to be a reason why mice do not get arthritis. Aloe Vera and MSM are known pain relievers and both are in Prologel. Prologel is non-greasy, has almost no odor, and will **NOT** stain your clothes.

I have been advised that alternatives to Prologel are:

- 1.) Do nothing
- 2.) Homeopathic gels or creams
- 3.) Creams that contain Lecithin, Cetyl Myristoleate, Aloe Vera, and MSM

I have been advised that the risks and complications of Prologel are:

- 1.) To date, there have been no adverse side effects. As there is a small amount of sugar in the ingredients, diabetics should monitor their blood sugar levels. No one has noted an elevated blood sugar to date.

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- 2.) There should always be caution that anyone can have hypersensitivity reaction to any ingredients at anytime.

## **Kinesio Taping:**

I have been advised that the Kinesio Taping® Method is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Latex-free and wearable for days at a time, Kinesio® Tex Tape is safe for populations ranging from pediatric to geriatric, and successfully treats a variety of orthopedic, neuromuscular, neurological and other medical conditions. By targeting different receptors within the somatosensory system, Kinesio® Tex Tape alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. This lifting affect forms convolutions in the skin thus increasing interstitial space and allowing for a decrease in inflammation of the affected areas.

Kinesio tape is latex free and has no medicine in the tape. The tape is constructed of 100% cotton and elastic fibers, applied to a substrate paper with 10% stretch. Tape's thickness and weight are similar to skin and the tape's adhesive is 100% medical grade, acrylic, and heat-activated.

Kinesio® Tex Tape allows normal range of motion, and the effect of the tape changes with different applications. It can be worn 3 to 5 days with good skin tolerance.

### **Kinesio taping is **not** recommended :**

- Over active malignancy site
- Over active cellulitis or skin infection
- Over open wounds
- Over Deep Vein Thrombosis (clots)

### **The alternatives to Kinesio tape are:**

- Bracing
- Physical therapy techniques
- Athletic taping
- Do nothing

### **The risks include:**

- Blisters or rash caused by the taping adhesive.
- Over correcting your injury site if too strong of tape tension.

## **Before & After Treatment Instructions for**

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## **Prolotherapy, Prolozone, Platelet Rich Plasma (PRP), Trigger Point, Neural Therapy**

### **Instructions Prior To Treatment**

Stop taking all anti-inflammatory medications including: Naprosyn/Naproxen, Ibuprofen, Aleve, Relafen, Motrin, Advil, Aspirin products, Vioxx, Celebrex, Nuprin, and Cortisone/steroid-like medications. These need to be avoided 3 to 5 days prior to injection, and 7 days after injection.

### **Important**

- Please tell us in advance if you are taking blood thinners (e.g. Coumadin), or if you have allergies to fish, corn, sugar, anesthetics, latex, or painkillers.
- Eat a light meal one to two hours prior to your treatment, and drink water up to the time of your appointment.
- Try to decrease or quit smoking as it will impair the healing process, therefore making the therapies less effective.
- Bring any old x-rays or radiology studies to your appointment if available.

### **After Care Instructions**

- You can expect to have increased discomfort for 3-10 days after the ligament strengthening injections because the solution is causing an inflammatory healing response.
- The injection may cause you to feel like the sprain or arthritis is flaring up all over again for a few days, and that is a good sign you are getting a proper response to the injections.
- Do not be concerned if you do not have any discomfort from the injections or any pain afterwards; or if the pain you are being treated for goes away permanently after the injections. This occurs in 10% of patients. You can expect some bruising, local swelling or tenderness at the injection site, but it doesn't always happen.
- Some patients prefer to go home and rest after treatment, but others carry on with their work or other activities immediately after treatment.
- Ice and heat are allowed, within limits, due the nature of the healing process. Ice packs are the most useful method of controlling discomfort and swelling after injections for the first 6-12 hours after the procedure. Then, only heat is helpful in the healing process. This may include a hot water bottle or heating pad. Gentle stretching in a hot shower may also help the muscles relax.
- Strenuous work or sports may need to be stopped or modified for 2 or 3 weeks after injections to give the tissue repair a chance to build up and strengthen. The growth pattern of tendons and ligaments should be complete in six weeks after each set of injections.
- Aspirin, Advil and all of the non-steroidal anti-inflammatory drugs stop inflammation and reduce pain. Since inflammation is the desired effect in the healing and repair response to Prolotherapy injections, these drugs should be avoided for at least 7 days after injections to get the strongest response to the injections. Short-term use of narcotics or extra strength Tylenol may be necessary in a few cases.
- Keep the injection sites clean and avoid hot tubs, swimming pools, and lakes for 3 to 5 days following the injection. Showering the day of the injection or the next day is fine.
- Ultrasound with Prologel - Ultrasound can be done daily with Prologel after your injections of Prolotherapy or trigger point. If you decide that you want to return to clinic and get further Ultrasound with Prologel before your next injection series, give us a call to schedule. This isn't necessary, but patients find that this continues to help bring blood to the area to promote healing and helps to decrease pain in the healing phase.

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- Chiropractic, acupuncture, PT, and massage are encouraged before the injections and to start 7 to 10 days after injections to aid in the healing process. If you want to see your chiropractor before the 7 days after injections, activator treatment would be fine. The goal is prevent a tear and heal the tissues.

**I certify that all my questions have been addressed / answered to my satisfaction, that I have read this entire consent form, and that I understand and agree to the information herein. I understand that to receive the therapies, I must comply with all stipulations outlined in this consent form; if I do not agree, then I will not be able to proceed with treatment. I accept all risks associated with all above therapies discussed in this consent form and elect to proceed with treatment today as well as future and ongoing treatments.**

\_\_\_\_\_  
Signature of Patient or Person with  
Authority to Consent for Patient

Date: \_\_\_\_\_

\_\_\_\_\_  
Witness to signature

Date: \_\_\_\_\_

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