

ELIXIA WELLNESS GROUP  
8113 SE 13TH AVE  
PORTLAND, OR 97202

**PROLOTHERAPY/PROLOZONE INFORMED CONSENT FORM**

Please read carefully before signing.

I, \_\_\_\_\_ have had the injection procedure(s) and/or Prolotherapy/Prolozone and/or Neural therapy and/or medical acupuncture fully explained to me by Dr. Ryan Minarik and all questions relating to them were addressed. I understand the risks involved and that no guarantees as to results are to be assumed, and none to be implied from these types of therapies. I also understand that these types of therapies are considered by some to be investigational. I have been informed to be well hydrated and to eat something before any procedures. Prolotherapy/Prolozone has been described to me as an injection method to strengthen ligaments and tendons and stimulate healing.

Solutions to be injected may contain dextrose, anesthetics such as procaine, lidocaine, Sarapin, vitamin B12, folic acid, glucosamine, ozone, zinc, methylprednisolone, homeopathics or other solutions. Multiple injections may be made in and around joints, and at ligament and tendon attachments to bone. Injection discomfort is expected, but may be lessened by oral medications or topical anesthetics.

I understand that healing does not always proceed in a predictable manner and may take many weeks or months to experience full effect. Neural Therapy consists of injection of anesthetic solutions such as procaine and lidocaine into skin, scars, teeth, ligaments, tendons, muscles (trigger point injections), joints, nerves, blood vessels and glands for the purpose of relieving pain, reducing spasms, regulating nervous system function and treating other dysfunctional states.

Side effects from Prolotherapy/Prolozone and Neural therapy may include stiffness, pain lasting usually less than a few days, numbness, tingling, dizziness, nausea and other symptoms. Rare, but possible complications from any injections include increased pain, swelling, bleeding, infection, numbness, weakness, spinal headache, respiratory difficulty, arrhythmia, allergic reaction, and/or death. Risk is usually related to the region being treated. When on blood thinners there is an increased risk of bleeding. Total joint replacements or other implanted devices can increase the risk of infection.

Dr. Minarik has summarized aspects of these treatment methods. Other treatment options, including no treatment at all, have also been discussed with their potential outcomes.

I certify that I have read and fully understand the above consent form, and that any questions have been answered to my satisfaction. I hereby authorize Dr. Minarik to perform the recommended procedures. I understand that because treatment usually requires a series of injections, Prolotherapy/Prolozone treatments or Neural therapy may be needed, the same risks, as described above, will also apply to those subsequent treatments.

I further certify that unless indicated otherwise, I do not have a known bleeding disorder, I am not currently taking any blood thinners, and I do not have an allergy to corn extracts, shellfish or local anesthetics such as procaine or lidocaine.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date