

TREATMENT CONSENT: PROLOTHERAPY

Prolotherapy Defined:

Webster's Third New International Dictionary defines Prolotherapy as "the rehabilitation of an incompetent structure such as a ligament or tendon, by the induced proliferation of new cells." Prolotherapy is the injection of substances at the site where ligaments and tendons attach to the bone, thus stimulating the ligaments and tendons to *proliferate* or grow at the injection site. This area is called the fibro-osseous junction. "Fibro" means fibrous tissue, which forms the ligament or tendon, and "osseous" refers to the bone.

Prolotherapy works because it addresses and corrects the root cause of chronic pain: ligament and tendon relaxation (ie: not just dealing with symptoms eg: long-term medications for pain etc...).

Ligaments and Tendons:

A strain is defined as a stretched or injured tendon. A sprain is a stretched or injured ligament. Blood flow is vital to the body's healing process and, because ligaments and tendons have naturally poor blood supply, *incomplete* healing may result after an injury to that structure. This incomplete healing results in *decreased strength* of the area. The ligaments and tendons, normally taut and thus strong bands of fibrous or connective tissue, become relaxed and weak. The weakened ligament or tendon then becomes the source of the chronic pain.

Ligaments and tendons are bands of tissue consisting of various amino acids (protein "building blocks") in a matrix called collagen. Tendons attach the muscles to the surface of the bone enabling movement of the joints and bones. Ligaments attach one bone to another thus preventing overextension of bones and joints.

Damage to ligaments and tendons will cause excessive movement of the joints resulting in chronic pain. Damage to ligaments causes joints to become loose or weak and often manifests itself with a cracking/clicking sensation during movement. Tendon weakness produces painful and weak joints.

I, _____, hereby consent to having my TMD condition and neck pain (if applicable) treated with dextrose (a sugar), lidocaine (dental freezing) and possibly Sarapin (a "natural" substance derived from the pitcher plant commonly used to relieve nerve pain) - Prolotherapy. I am aware that there are other forms of treatment available for TMD and have discussed the options. The procedure and potential side effects have been explained to me and my questions have been fully answered.

Date: _____

Signature: _____

You will receive a copy of this consent form.