

**The Wellness Clinic of Tucson**  
**Dr. Kyle Neeley, NMD**  
**2272 E. Speedway Blvd. Tucson, AZ 85719**  
**(520) 326-9355 (520) 795-1445 Fax**

Platelet Rich Plasma with pre-stem cell grafting material is an injection therapy technique that utilizes the patient's own blood to heal, repair, and regenerate worn cartilage, torn ligaments, tendons, and muscles. These injections should not be confused with stem cells from placenta, unborn children, skin, or other sources that are collected from someone else and injected into you. Our injections do not contain cortisone or steroids. They are used to treat pain and to rebuild muscles and collagen substances such as cartilage, tendons, and ligaments. Your platelet rich plasma and pre-stem cell grafting material (cytokines, etc.) helps your body in its own process to heal itself.

These injections stimulate growth factors that in turn stimulate cell growth and regeneration. It should be made clear that Platelet Rich Plasma injections supply many of the nutrients necessary to rebuild collagen substances and that the formula itself is not the rebuilding substance itself; it merely helps the body renew itself. Platelet Rich Plasma injections mainly reduce inflammation and begin the process of healing and strengthening the injured and traumatized areas. Everyone's body heals differently and at different rates. What may take one person one injection may take another several injections to get the same level of healing. It may also vary in its total time of experienced relief, for each person eats, lives, and possesses different chemistry that can affect the results. Sugar, for instance, can degrade joints very quickly. Therefore, diets high in alcohol, hyperglycemic foods, or sugar can shorten the overall time of experienced relief, interfere with the healing process, and ultimately impede it from working as intended. Anti-inflammatory medications can also interfere and affect the overall treatment if used inappropriately—ask a doctor about their use for pain relief.

X-rays are usually taken to help diagnose the actual problem, but they will not always show us all necessary information. Things like Osteophytes (bone spurs), Spondylolisthesis (forward displacement of one of the lower lumbar vertebrae), or congenital abnormalities like Spondolosis (degenerative osteoarthritis of the joints between the centra of the spinal vertebrae) are not always seen clearly and therefore can impede treatment.

I have recent X-Rays

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

I decline to have X-rays or Imaging done at this time

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