

The Wellness Clinic of Tucson
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Prolotherapy is a technique utilizing Vitamin B-12, Dextrose, Procaine, and Homeopathics. These injections do not contain cortisone or steroids. They are used to treat pain and to help rebuild muscles and collagen substances such as cartilage, tendons, and ligaments.

These injections stimulate growth factors that in turn stimulate cell growth and regeneration. It should be made clear that Prolotherapy helps to support the nutrients necessary to rebuild collagen substances and that the formula itself is not the rebuilding substance. Prolotherapy 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 achieve 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