

## IS PLATELET THERAPY SAFE?

For over twenty-five years, platelet rich plasma therapy has been used in many different fields of medicine including: cardiac surgery, oral surgery, dentistry and periodontal implants, orthopedics, wound care, sports medicine, neurosurgery, general surgery and cosmetics. Research and clinical data show platelet rich plasma therapy derived from the patient's own blood is safe, with minimal risk of adverse reactions or complications. Because the platelets and growth factors are produced from your own blood, there is no risk of rejection or disease transmission. As with any injection into the body, there is a small risk of infection, however it is very rare.

## WHEN WILL I START TO FEEL RESULTS?

In a study treating elbow tendinosis with PRP therapy, patients noted an improvement of 60% in their pain score at eight weeks. This study along with other studies suggests an improvement in function and a reduction in pain. However, the results may vary depending on the patient and the severity of the condition. Typically, depending on the exact nature of your condition, you may feel some relief within two or three weeks. If you do not feel improvement with pain reduction or the restoration of function on your follow up visit, additional injections may be necessary. Exercise with restraint and have regular follow-up examinations with your doctor before resuming regular physical activities. Discuss all your options with your treating physician to determine whether this therapy is right for you.



## PAIN PREVENTION

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Many active patients are familiar with repetitive or overuse injuries that can cause micro tears of the muscle, and/or tendon fibers resulting in weakness and pain at the injury site. This is commonly referred to as tendonitis, which is an acute inflammatory condition, or tendinosis which is a chronic degenerative condition. Both tendonitis and tendinosis affect the normal healing process of the damaged tissue and can lead to pain and dysfunction

What if  
**SCIENCE**  
*Could Harness Your Body's*  
**NATURAL**  
*Healing Power?*



**PRP**

**CASCADE**

INJECTABLE PLATELETS &  
GROWTH FACTORS

## HARNESSING YOUR BODY'S NATURAL HEALING POWER:

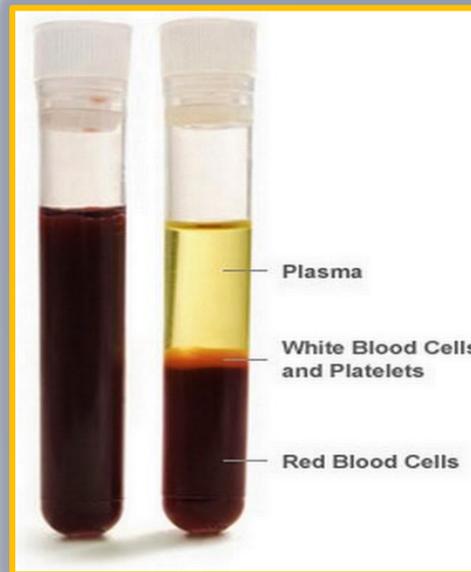
The body has an amazing capacity to heal itself. When the body becomes injured, a natural healing process occurs to repair the damaged tissue. The body signals platelets and other components in our blood supply to migrate to the site of injury. Under normal conditions, these platelets release a variety of growth factors that initiate and subsequently promote healing. New advances in medicine have been developed to harness and concentrate these platelets and growth factors to be precisely introduced to the injury site in an injectable form. The implantation of this biological material from a small amount of a patient's own blood effectively "supercharges" the body's capacity for healing and tissue repair. Healing in many instances may be associated with reduced pain and a quicker return to activity.

## PROCESS TO RECOVER PLATELETS & GROWTH FACTORS

A typical sterile tube is used to draw a standard blood sample. This tube is then placed into a centrifuge and spun to separate the platelets and growth factors from red blood cells. The concentrated platelets and growth factors are removed and placed in a sterile syringe. This is all accomplished without using any animal products or other foreign material.

## COMMON INJURIES THAT MAY BE TREATED WITH PLATELET THERAPY INCLUDE:

- **Shoulder Pain: Rotator Cuff Tendinosis/Tendonopathy, Biceps Tendonitis**
- **Arm Pain: Elbow Tendonitis/Tendinosis (Tennis or Golfer's Elbow)**
- **Hip Pain: Trochanteric Bursitis, Hamstring Tendonitis, Quadriceps Tendonitis**
- **Knee Pain: Patella Tendinosis, DJD of the Knee**
- **Foot/Ankle Pain: Achilles Tendinosis, Plantar Fasciitis**
- **SI Joint or Spinal muscular weakness**



# MTF

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## NON-SURGICAL APPROACHES TO UNRESPONSIVE INJURIES

Patients who are interested in exploring non-surgical treatment options before resorting to surgery may find PRP a viable option. PRP is an alternative to other non-surgical approaches if they have proven to be ineffective at addressing your injury. Traditional conservative treatments include: Cortisone (steroid) injections, oral NSAID's, exercise, proper rest and bracing. In many cases modalities may not cure the condition, whereupon PRP may potentially be of great benefit.



Before being considered a candidate for platelet therapy, a complete examination must be performed by your treating physician. This will include a physical examination and diagnostic evaluation.

Prior to treatment, you may be asked to refrain from taking NSAIDS for a week and after treatment. Following PRP treatment some localized soreness may occur, which is typical of any injection. This can be addressed with acetaminophen, elevation and heat. Physical therapy may also be prescribed when appropriate.