



THE CENTER FOR MANUAL MEDICINE

"We Help You Help Yourself"

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Welcome to Regenerative Medicine at The Center For Manual Medicine.

Therapeutic injection of PRP

- Blood is made up of plasma, red and white blood cells and platelets.
- Platelets play a pivotal role in blood's ability to clot and heal injuries. They contain an abundance of growth factors that promote cartilage, tendon and ligament healing, along with bone regeneration, new blood vessel formation and overall wound healing.
- Platelet rich plasma (PRP) is a blood sample that has had platelets separated from other blood cells to produce a much higher concentration.
- A small quantity of your blood is taken at the time of your procedure.
- The blood is placed in a specialized centrifuge that spins and separates and concentrates the platelets and natural growth factors.
- The concentrated platelets are injected into the tissue that needs healing.

There are many applications where human PRP is being used to enhance tissue and bone healing. PRP is used in surgery to help bones, tendons and ligaments heal. It is used for healing chronic wounds such as pressure ulcers. In the last decade it has been increasingly used for chronic joint and tendon pain and even in acute injuries in athletes to help speed healing.

PRP contains only products from a patient's own blood. Unlike anti-inflammatory medications and cortisone injection that decrease inflammation, the platelets initiate a healthy inflammatory response to restart and speed up healing. There is little risk because the cells come from your own blood unlike a blood transfusion from another person that can cause severe reactions.

Candidates for PRP injection include patients with longstanding problems with tendon or joint pain that have failed previous treatments and may be considering surgery

Although the Food and Drug Administration has approved the use of PRP in orthopedic surgery, it is still considered experimental when injected. Studies showing efficacy of PRP for chronic tendon problems are currently underway. Early results are very promising. (We are not aware of any insurance companies that currently cover PRP)

PRP should not be used in patients

1. Who are unable to comply with post injection rest or immobilization.
2. Who cannot remain off anti-inflammatory medication for 2 weeks before and after the procedure.
3. Who have an active cancer or inflammatory disease such as rheumatoid arthritis.
4. Who are allergic to the local anesthetic to be used. Usually lidocaine.