

PRP and Stem Cell

“Is Regenerative Medicine Right for Me?”

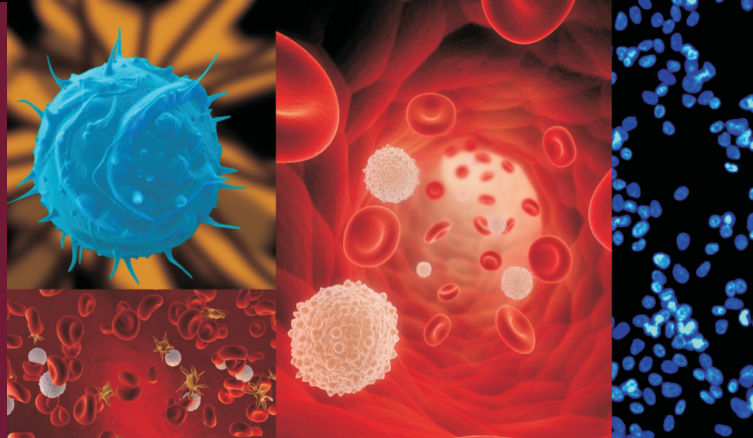
PRP Heals Soft Tissue.
Stem Cells Treat Joint Space Narrowing
and Promote Blood Vessel Growth.

Concentrated Growth Factors Without Inflammation



Platelet Rich Plasma (PRP) is concentrated platelets and growth factors from your own blood. When other conservative therapies have failed PRP treatment should be considered for tendon or ligament injuries and Stem Cell should be considered for joint problems or peripheral vascular disease. Fifty percent of patients experience up to 80% relief and eighty percent of patients experience 50% improvement in symptoms with PRP and Stem Cell. In many cases the need for medications, cortisone injections or surgery can be eliminated, and a dramatic return of function can occur.

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an Appointment**



**We Are Committed to Providing Pioneering
Services That Get To the Root Cause of
Your Pain**

For most patients PRP offers a solid, alternative treatment for those who do not wish to have surgery. An initial evaluation will determine if PRP or Stem Cell is a viable treatment option. A study published by the American Journal of Sports Medicine in November of 2006 (Vol X, No X) showed that over 90% of patients with tennis elbow were “completely satisfied” with the results of their PRP treatments and avoided surgery.

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Osteoarthritis & Regenerative Stem Cell Therapies

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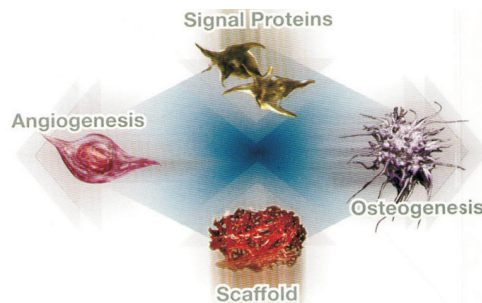
Osteoarthritis is a degeneration or destructive wearing of the tissue that supports the joint. This tissue is called cartilage and is there to protect the bone against trauma or damage from daily activities. When the cartilage is worn away it leaves exposed bone which rubs against each other causing chronic pain and swelling. Osteoarthritis occurs most often in the knees, hips, back and hands. When osteoarthritis attacks simple daily activities like walking the stairs or brushing the hair can be painful. There is no cure for osteoarthritis, but Regenerative Stem Cell Grafting has proven to be a successful treatment modality that is safe, effective and has lasting results.

ABOUT REGENERATIVE STEM CELL GRAFTING

Regenerative Stem Cell Grafting (SCG) therapy is an outpatient procedure done in the Doctor's office. It involves the injection of concentrated regenerative cells into a joint, muscle, tendon or ligament injury to repair the injury site and minimize the pain associated with it. The injection can be used to treat acute injury, long term musculoskeletal degeneration and peripheral vascular disease. Stem cell harvesting is obtained from your own body's blood, bone marrow, or fat. Specialized processing then concentrates platelet growth factors or adult mesenchymal cells that have been shown to be capable of differentiating into bone cartilage, muscle, tendon, ligament and peripheral arteries. Nutritional support is recommended to maximize outcome.

THE INJECTION PROCEDURE

On the day of the procedure the patient is made comfortable while the injection materials are prepared. The injection site is aseptically cleansed and then locally anesthetized. Using a small gauge needle, the physician will introduce the SCG into the affected area under guided ultrasound. The injection procedure is usually completed in under 10 minutes. The physician will then provide post-procedure instructions which will include avoiding NSAIDs (non-steroidal anti-inflammatory drugs). Other pain medications may be prescribed if necessary. Patients generally begin to see improvement in pain and mobility after 3 weeks. The improvement may continue for months after the injection. It is common to have a booster PRP injection one month after the initial Stem Cell Injection. Notify us if you have and allergy to Lidocaine, Marcaine, Epinephrine or Latex prior to scheduling a procedure.



Accelerated wound healing
Enhanced wound strength
Bone, tendon, and ligament regeneration
Reduction in pain
Increased vasculature
Increased bone density

What Are My Treatment Options?

MESENCHYMAL CELLS FROM BONE MARROW

A great source for regenerative mesenchymal cells and platelet growth factors for patients under 45 years of age. The aspirate material is found in the iliac crest of your bone. After harvesting the aspirate is separated through special processing to isolate your own Stem Cells.

MESENCHYMAL CELLS FROM FAT

A great source for regenerative mesenchymal cells and platelet growth factors for patients of all ages. These cells are attained from the fat cells in your lower abdomen, hip or buttock. After harvesting they are separated and activated through special processing.

PRP AND GROWTH FACTORS FROM BLOOD

Platelet Rich Plasma and other growth factors are attained directly from your own blood. After a simple blood draw these regenerative cells and factors are concentrated and separated with specialized technology. When a double separation technique is used Pure PRP is created. In this instance all red blood and inflammatory cells that cause pain after an injection are removed from the final sample before grafting.

PRP IS BETTER THAN STEROID INJECTION

Injection of PRP has been shown to have a positive effect that exceeds corticosteroids. In an article titled "PRP vs. Steroid Injection in Tennis Elbow" (Knee Surg Sports Traumatol Arthrosc 2008; 16 Suppl 1:S80-S230) a prospective randomized study on the effect of autologous platelet injection in lateral epicondylitis was compared to corticosteroid injection.

After 24 and 52 weeks the cortisone group did not maintain significantly low pain scores, but the PRP group retained low scores using both VAS and DASH measures.

Injection of PRP has a positive effect as a treatment for lateral epicondylitis (tennis elbow). The effect exceeds the effect of corticosteroids, which is known as the gold standard. PRP is therefore a worthy alternative to steroidal injections and surgical treatment.