D.I.S.C. Sports and Spine Center
discmdgroup.com

13160 Mindanao Way, Suite 300, Marina del Rey, CA 90292

PLATELET RICH PLASMA (PRP) INJECTION OVERVIEW

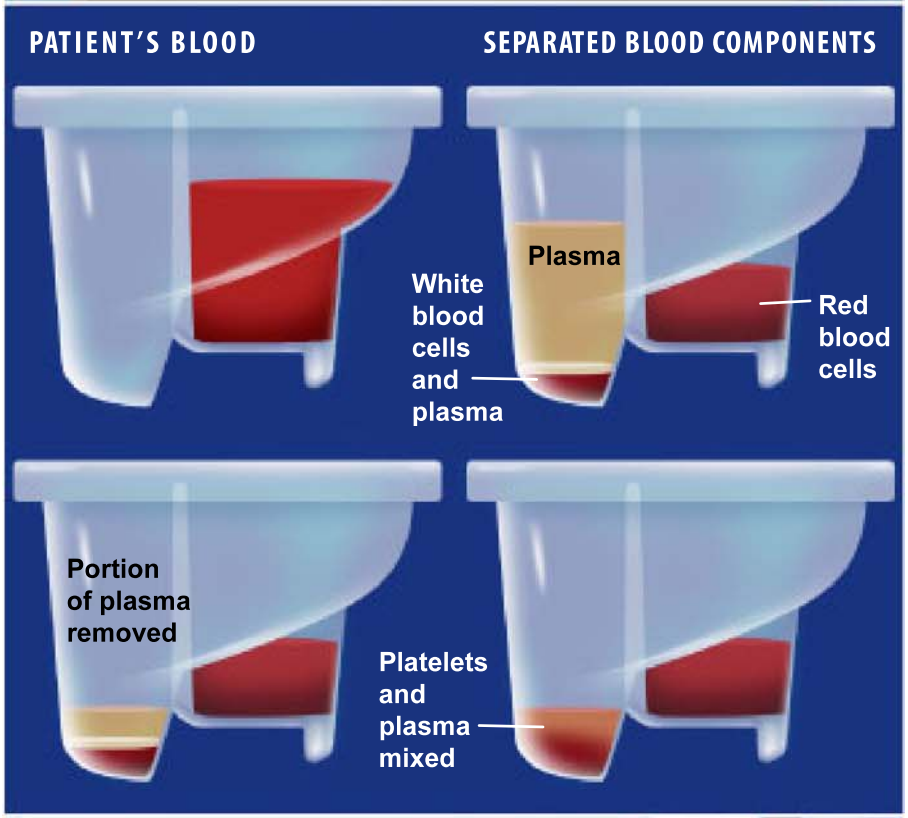
Overview
This non-surgical therapy is an injection of a concentrated mixture of the patient's own blood. PRP injections have been shown to relieve acute and chronic pain and accelerate healing of injured tissues and joints.

Can It Help Me?
Conditions aided by PRP include plantar fasciitis, meniscus tears, osteoarthritis of the spine, hip and knee, ligament sprains, and rotator cuff tears.

Benefit of PRP
The limited blood supply and poor healing properties of ligaments, cartilage and tendons make treatment necessary after injury. Unlike physical therapy or medications that don't treat the underlying cause of pain, PRP can accelerate the healing process – eliminating the cause of pain.

Collecting the Platelets
The PRP process begins by taking a small sample of the patient's blood and placing it into Harvest Technologies' Platelet Concentrate System. The sterile multi-chamber container is spun in a centrifuge to separate the blood into its primary components — platelets and white blood cells, plasma, and red blood cells.

Injecting the Solution
A portion of the plasma is removed. The patient's concentrated platelets are mixed with the remaining plasma to form a concentrated solution. This platelet rich solution is then injected into and around the injured tissues.



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The Body Reacts

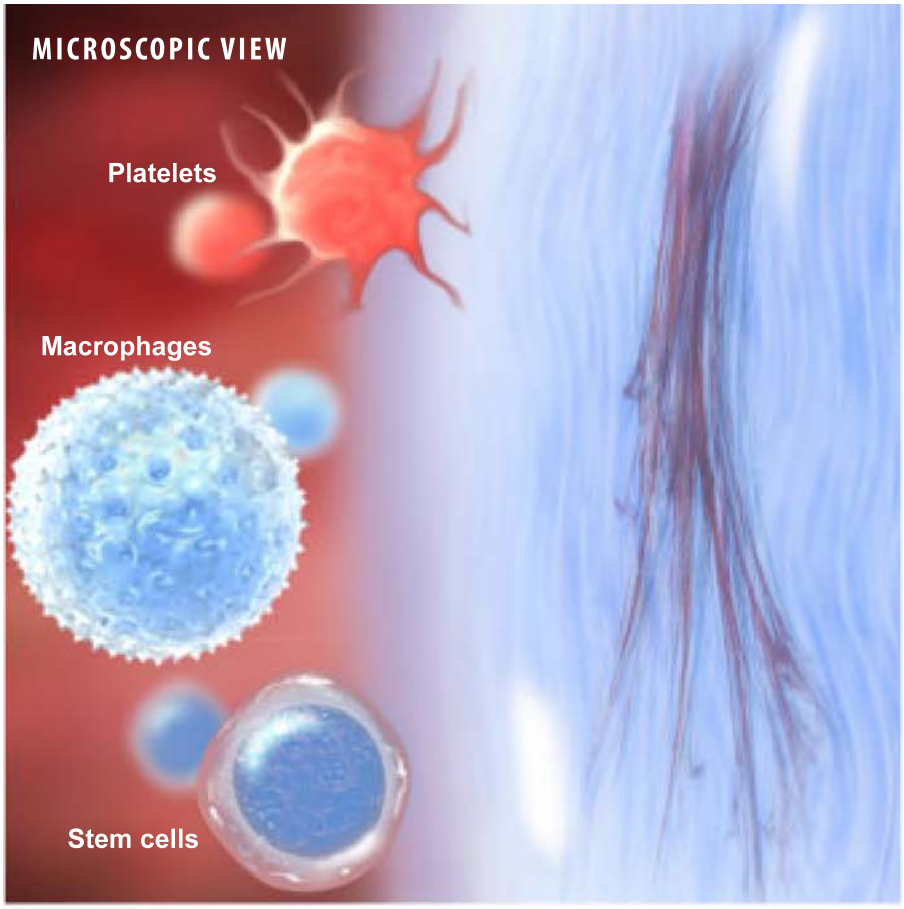
The concentrated platelets release many growth factors that promote a natural immune response. Macrophages – specialized white blood cells – rush in to remove damaged cells and prepare the tissue for healing.

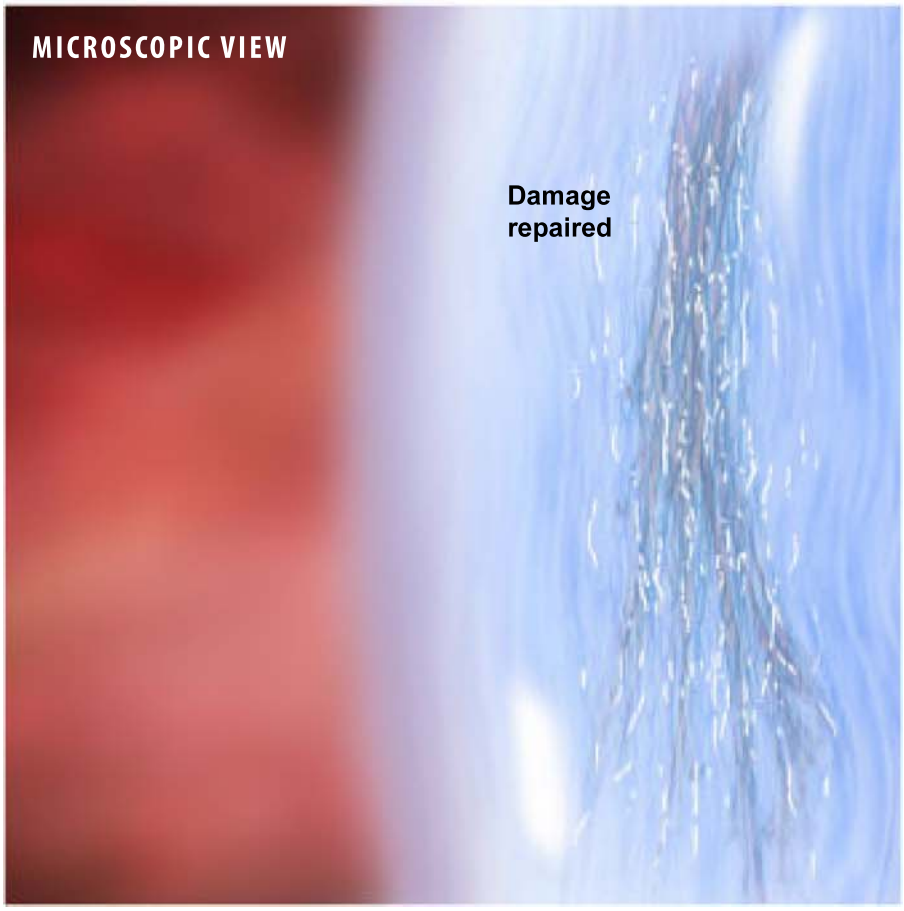
The Healing Begins

Stem cells and other cells multiply, repair and rebuild the damaged tissue. This accelerated healing response reduces pain, promotes increased strength, and improves joint function.

Long-term Outcome

The entire PRP treatment process takes about an hour – the patient will be able to go home the same day. Full recovery from the injection usually occurs within one week of the procedure. Many patients require three to four treatments before the injured tissues are completely healed and they return to a normal active lifestyle.





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