

Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit NationalSpine.com or ask your affiliated physician.

Platelet Rich Plasma Therapy

New Treatment Provides Lasting Musculoskeletal Pain Relief

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Treatment Brochure

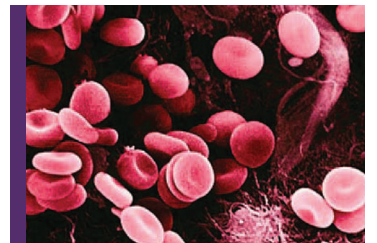


LEAVE PAIN
BEHIND.
**GET BUSY
LIVING.**

— NATIONAL —
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— CENTERS —

NationalSpine.com

Platelet rich plasma (PRP) therapy is a revolutionary new treatment that relieves pain by promoting long-lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine; rotator cuff tears; chronic plantar fasciitis; anterior cruciate ligament (ACL) injuries; pelvic pain and instability; back and neck injuries; tennis elbow; ankle sprains; tendinitis; and ligament sprains. Our network of pain management centers includes physicians expertly trained in PRP therapy. They can determine if this advanced non-surgical treatment is right for you.



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How does PRP therapy help?

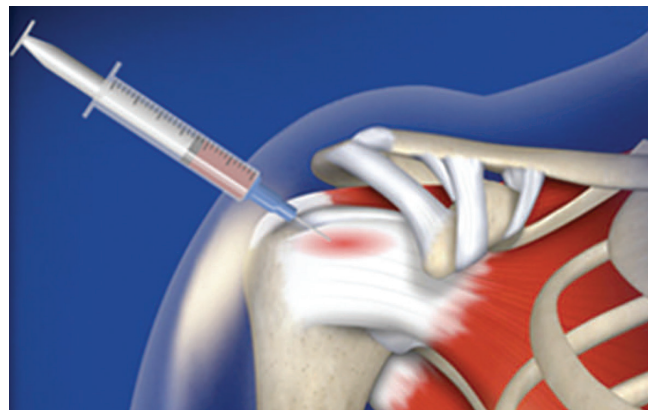
The body's first response to soft tissue injury is to deliver platelet cells. Packed with growth and healing factors, platelets initiate repair and attract the critical assistance of stem cells. PRP therapy's natural healing process intensifies the body's efforts by delivering a higher concentration of platelets.

How is it done?

To create PRP therapy, a small sample of your blood is drawn (similar to a lab test sample) and placed in a centrifuge that spins the blood at high speeds, separating the platelets from the other components. The concentrated PRP is then injected into and around the point of injury, jump-starting and significantly strengthening the body's natural healing signal. Because your own blood is used, there is no risk of transmissible infection and a very low risk of allergic reaction.

How long does it take?

The procedure takes approximately one to two hours, including preparation and recovery time. Performed safely in a medical office, PRP therapy relieves pain without the risks of surgery, general anesthesia, or hospital stays and without a prolonged recovery. In fact, most people return to their jobs or usual activities right after the procedure.



What are the expected results?

Because the goal of PRP therapy is to resolve pain through healing, it could prove to have lasting results. Initial improvement may be seen within a few weeks, gradually increasing as the healing progresses. Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

A Network of Experts in Pain Management • NationalSpine.com

Medical Services are provided by independently operated physician practices that are branded as National Spine & Pain Centers.

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