

PIVOTAL HEALTH
PHYSICAL MEDICINE

Platelet Rich Plasma Therapy

An innovative new treatment for healing joint and tendon disease



What is PRP?

Platelet Rich Plasma (PRP) therapy is a revolutionary way to address tissue injury by using components from a patient's own blood to trigger healing. These "healing components" are effective in treating joint and tendon conditions and non-healing wounds, as well as facilitating facial skin rejuvenation. You may have heard about its success in treating professional athletes Tiger Woods and Hines Ward and Troy Palomalu from the Pittsburgh Steelers.

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 factors that initiate and subsequently promote healing. New advances in medicine have been developed to harness and concentrate these platelets to be precisely introduced to the injury site in an injectable form.

When PRP is injected into the damaged area, it stimulates a mild inflammatory response, which triggers the healing cascade. This leads to restored blood flow, new cell growth, tissue regeneration and, ultimately, faster healing of soft tissue injuries. It has the potential to "supercharge" the body's capacity for healing.

Advantages

- Non-surgical approach to treating injuries and chronic pain
- Derived from the patient's own blood
- Decreases recovery time when used during surgical procedures
- Safer than cortisone injections.

Where does PRP come from?

A sample of blood will be taken from a vein in your arm under sterile conditions. The blood will be placed in a centrifuge, which is a device that

spins the blood. This helps to separate the blood cells from the plasma and allows concentration of the platelets. This concentration of platelets increases healing growth factors approximately six to eight times faster than normal.

The preparation takes about 35 minutes. The finished PRP product is then available for injection into the injured joint or tendon under ultrasound or fluoroscopic guidance.

As PRP is prepared from your own blood, there is no concern about rejection or disease transmission. In fact, PRP contains a high concentration of white blood cells, which has an anti-bacterial property and helps to fight infection.



What are the potential benefits?

PRP enhances your healing potential and is proving to be an effective, natural alternative to steroid injections. Patients can see a significant improvement in symptoms as well as a remarkable return of function. This may eliminate the need for more aggressive treatments such as long-term medication or surgery.

What can I expect during my treatment?

You will visit with the doctor, who will ask about your medical history and give you a brief exam to determine that you are a good candidate for PRP therapy. If so, we will then obtain the blood sample and prepare the PRP.

The doctor will examine the area to

be treated, prepare it sterilely, and apply numbing medicine.

Using ultrasound or fluoroscopic guidance, the PRP will be gently injected into the injured area and joint support tissues. After your treatment, you will stay for a 15 to 20 minute observation period. At check-out, you will schedule a follow-up appointment and we will review discharge instructions. The process may be repeated one to two times over a six to sixteen week period.

What can I expect after the PRP treatment?

You may have mild to moderate discomfort which may last up to one week. There may be temporary worsening of symptoms as your body's natural inflammatory response is stimulated by the PRP. This is necessary for healing.

Your doctor will instruct you in the use of ice, elevation, reduced activity, and analgesic medications for comfort while the PRP starts the healing process. Physical therapy or a therapeutic exercise program will also be prescribed.

What should I do when I get home following the procedure?

As PRP releases growth factors, it is important to not disturb the area of injection for at least 48 hours. We ask that you remain sedentary for that period, refraining from activities other than necessary walking or driving in order to receive the maximum benefit of the PRP. It is helpful if you also refrain from any vigorous activity for up to two weeks following each procedure.



About us

Pivotal Health PRP is committed to superior patient outcomes for those affected by chronic pain, acute injuries, and persistent non-healing wounds. Our goal is to enhance your overall quality of life by recovering your health.

Pivotal Health PRP Platelet Concentration System produces the highest grade of PRP in the industry when compared to other brands. These platelets contain growth factors that play a critical role in soft tissue repair. It delivers great results with:

- Neuropathy
- Back pain
- Knee pain
- Elbow pain
- Shoulder pain
- Cosmetic concerns

Ask your doctor about Pivotal Health PRP

Non-surgical solutions for:

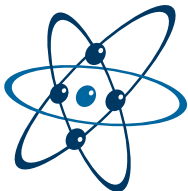
Sports Injuries • Back & Neck Pain • Herniated Discs • Joint Pain
• Arthritis • Nerve Injuries • Motor Vehicle Accidents • Carpal
Tunnel Syndrome • Neuropathy • Acute Injuries • Muscle &
Ligament Sprains & Strains

Leading-edge diagnostics and treatments:

EMG Testing/Nerve Studies • Fluoroscopically Guided Injections
• Medical Imaging • Musculoskeletal Ultrasound • Protein Rich
Plasma Therapy (PRP) • Digital X-Ray • Thermography

For your comfort and convenience:

State-of-the-Art Facilities • Most Insurance Plans Accepted •
Personal Injury Protection Insurance



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12479 South Access Rd • Port Charlotte, FL 33981
941-697-3001 • www.PivotalHealth4You.com