



Why should I consider Regenerative Injection Therapy instead of other treatments?

Unlike treatments such as cortisone injections and medications, Regenerative Injection Therapy contains entirely harmless products. Repeated cortisone injections can damage and weaken tendons and ligaments. Long-term use of pain relievers and anti-inflammatory drugs like aspirin, ibuprofen and naproxen can mask symptoms without healing tissue. In addition, the success of surgery for chronic ligament and tendon injuries is unpredictable.

What benefits can I expect from Regenerative Injection Therapy?

Most patients will see a significant improvement in symptoms and thus function. This may eliminate the need for medication or surgery.



Contact us for an appointment:

PM&R

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What You Need to Know About Regenerative Injection Therapy

with Platelet Rich Plasma (PRP)



What is Regenerative Injection Therapy with PRP?

Regenerative Injection Therapy is the injection of one's own blood back into the injured area of the body in the form of platelet rich plasma (PRP). PRP is blood plasma with concentrated platelets, which contain growth factors. PRP initiates and accelerates repair of the tendon, ligament and bone, and the development of new blood vessels. As such, it is a natural alternative to healing ligament and tendon injuries.



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What can I expect during the procedure?

Your caregiver will take a small amount of blood from you. The blood is placed into a centrifuge where it is spun for 15 minutes to produce the platelet rich plasma (PRP). The PRP is then injected into the damaged ligament or tendon area. You should expect the entire procedure to last about one hour. Your specific condition may require 1–3 sessions separated by 4–6 weeks.

How should I prepare for the procedure? What should I expect afterwards?

Stop taking all NSAIDs (such as ibuprofen, naproxen and aspirin) for at least one week before the procedure and throughout the treatment. After your injection, there may be increased pain for 7–10 days. You may take acetaminophens or other pain medications to relieve it, and you may apply heat or ice. There is no requirement for rest, but you should avoid vigorous activity for 3–4 days.

Are there any complications or risks?

Because the procedure involves the injection of your own blood (rather than any artificial or manufactured product) back into your body, it is quite safe. The most common complication is increased pain for a period of time. All injections are done into the site of injury and ultrasound guidance may be utilized for more accuracy.

Will my insurance cover Regenerative Injection Therapy?

Most insurance companies do not cover Regenerative Injection Therapy, although there are a few that may pay for it. In the event that the insurance company does not cover the treatment, the patient is responsible for the cost. The kits to prepare the platelets are not covered by insurance. Most patients find that the cost is worth the improvement of increased function and less pain.

Areas of Treatment

Commonly treated conditions include arthritis, tendonitis and chronic sprains.

Spine

- Sacroiliac joints
- Iliolumbar ligaments
- Facet joints
- Interspinous ligaments

Hip/Pelvis

- Bursitis
- Sacroiliac joint dysfunction
- Joint arthritis
- Symphysis pubis pain

Knee

- Patellar tendonitis
- Degenerative arthritis
- Chondromalacia
- Ligament strain

Shoulder

- Rotator cuff partial tear
- Biceps tendonitis
- Chronic ligament strains
- A-C joint pain

Elbows

- Epicondylitis—tennis & golfer's elbow
- Ligament injuries

Wrist/Hand

- Chronic thumb sprain
- Joint arthritis

Ankle/Foot

- Chronic ligament strains
- Chronic Achilles tendinosis
- Plantar fasciitis

