

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

Associates in Physical Medicine and Rehabilitation, PC

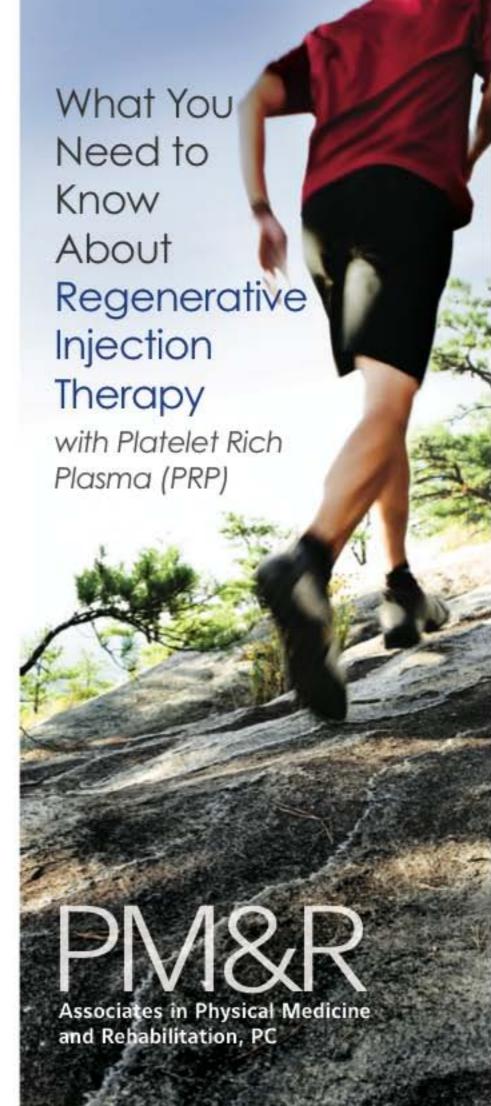
5333 McAuley Dr., Suite 2009 Ypsilanti, MI 48197

phone: **734-712-0050** fax: **734-712-0055**

Additional locations:

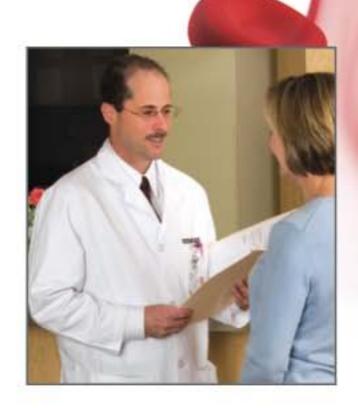
2305 Genoa Business Park Dr., Suite 210 Brighton, MI 48114

990 West Ann Arbor Trail, Suite 201 Plymouth, MI 48170



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.



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.

