



THE CENTER FOR MANUAL MEDICINE AND REGENERATIVE ORTHOPEDICS

"We Help You Help Yourself"

DOUG FRYE, MD

5000 S.W. 21ST Street
Topeka, Kansas 66604
Telephone: (785) 271-8100
Fax: (785) 271-9257
Website: www.ctrmm.com

Welcome to Regenerative Medicine at The Center For Manual Medicine.

Therapeutic injection of PRP

- Blood is made up of plasma, red and white blood cells and platelets.
- Platelets play a pivotal role in blood's ability to clot and heal injuries. They contain an abundance of growth factors that promote cartilage, tendon and ligament healing, along with bone regeneration, new blood vessel formation and overall wound healing.
- Platelet rich plasma (PRP) is a blood sample that has had platelets separated from other blood cells to produce a much higher concentration.
- A small quantity of your blood is taken at the time of your procedure.
- The blood is placed in a specialized centrifuge that spins and separates and concentrates the platelets and natural growth factors.
- The concentrated platelets are injected into the tissue that needs healing.

There are many applications where human PRP is being used to enhance tissue and bone healing. PRP is used in surgery to help bones, tendons and ligaments heal. It is used for healing chronic wounds such as pressure ulcers. In the last decade it has been increasingly used for chronic joint and tendon pain and even in acute injuries in athletes to help speed healing.

PRP contains only products from a patient's own blood. Unlike anti-inflammatory medications and cortisone injection that decrease inflammation, the platelets initiate a healthy inflammatory response to restart and speed up healing. There is little risk because the cells come from your own blood unlike a blood transfusion from another person that can cause severe reactions.

Candidates for PRP injection include patients with longstanding problems with tendon or joint pain that have failed previous treatments and may be considering surgery

Although the Food and Drug Administration has approved the use of PRP in orthopedic surgery, it is still considered experimental when injected. Studies showing efficacy of PRP for chronic tendon problems are currently underway. Early results are very promising. (We are not aware of any insurance companies that currently cover PRP)

PRP should not be used in patients

1. Who are unable to comply with post injection rest or immobilization.
2. Who cannot remain off anti-inflammatory medication for 1 week before and 2 weeks after procedure.
3. Who have an active cancer or inflammatory disease such as rheumatoid arthritis.
4. Who are allergic to the local anesthetic to be used. Usually lidocaine.



THE CENTER FOR MANUAL MEDICINE AND REGENERATIVE ORTHOPEDICS

"We Help You Help Yourself"

DOUG FRYE, MD

5000 S.W. 21ST Street
Topeka, Kansas 66604
Telephone: (785) 271-8100
Fax: (785) 271-9257
Website: www.ctrmm.com

PREPARATIONS

Please come on time and expect to be at the Center for 1-2 hours.

Certain injection sites necessitate having someone drive you home. Please check with us.

Call the center immediately at 785-271-8100 if you are experiencing fever, chills, flu-like symptoms or any sign of infection or if you are taking antibiotics or being treated for an infection.

DO eat a well balanced, high protein diet with multivitamin supplements. We carry a line of high quality supplements that can assist in your recovery.

DO NOT TAKE Cortico-steroids such as prednisone or cortisone shots for at least 2 weeks prior to and after your procedure.

DO NOT TAKE Aspirin or non-steroidal anti-inflammatory medications, also known as NSAIDs (Motrin Advil ibuprofen, Aleve naproxen, or prescription anti-inflammatory medication) for at least 1 week prior to your procedure and for at least 2 weeks after. Remember that many over-the-counter medications contain aspirin or NSAIDs

Drink TWO 16 ounce glasses of water the night before the procedure.

The Procedure:

Please wear comfortable loose fitting clothing like sweats. We may ask to you change into a gown.

Your blood will be drawn and placed in the centrifuge to create the PRP

60 to 180 ml of blood is drawn from the patient's arm and placed into a closed sterile system in a centrifuge. The portion of the blood that contains the PRP is drawn off automatically into a syringe. This may take about 30 to 60 minutes.

The area to be treated will be marked and cleansed. Then it is numbed with a local anesthetic (Lidocaine). PRP is then injected under ultrasound guidance directly into the injured tissue. For some problems, multiple injections are given to ensure optimal treatment.

You will stay and be monitored for at least 15 minutes and receive after care instructions.



THE CENTER FOR MANUAL MEDICINE AND REGENERATIVE ORTHOPEDICS

"We Help You Help Yourself"

DOUG FRYE, MD

5000 S.W. 21ST Street
Topeka, Kansas 66604
Telephone: (785) 271-8100
Fax: (785) 271-9257
Website: www.ctrmm.com

AFTER THE PROCEDURE

PRP starts a local inflammatory reaction that initiates the healing cycle. It is NORMAL to have pain and mild swelling at the injection site for a few days and occasionally up to 3 weeks.

At times the post injection pain can be fairly uncomfortable. Tylenol and pain meds WITHOUT aspirin or NSAIDs may be used. Avoid Ice for the first 4 days, use heat if helpful.

Avoid strenuous activity during the first 2-3 weeks. Light activity and stretching is encouraged and will help decrease pain and stimulate healing.

After care involves a period of rest that may include a walking boot, brace, crutches or sling. Physical therapy is usually started for specific exercises to begin strengthening the tissue 2 to 3 weeks after procedure. Sports and heavy activity should be avoided for 6 to 12 weeks. Activity is gradually increased to help strengthen the tissue without re-injuring it. Activity that increases pain without recovery by the next day means you are doing too much and need to back off.

Continue to eat a well balanced, high protein diet and a multivitamin supplement. Now would be a good time to start taking the appropriate supplements if not already.

Everyone heals at a different rate. You may be feeling much better within a few weeks or it may take up to 3 months to feel the effect. Sometime injections are repeated to achieve the best results.

Your care is important to us and we want you to be comfortable about your procedure. Don't hesitate to call if you have questions or concerns. (785) 271-8100

After the first 2 days, if you experience fever or increasing swelling, warmth, or pain call us as soon as possible and seek same day treatment. If our office is closed please use the emergency room or an express care facility.