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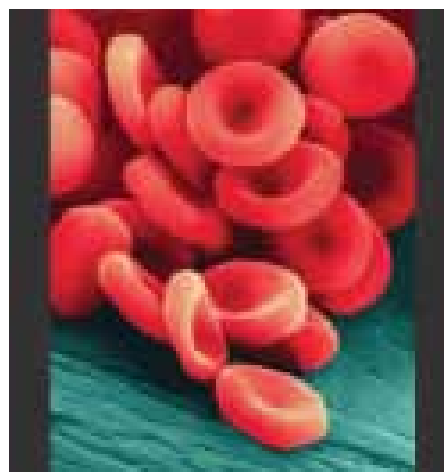
Platelet-Rich Plasma for Pain Management



**SOUTHWEST FLORIDA REHAB & PAIN MANAGEMENT ASSOCIATES
SOUTHWEST FLORIDA NEUROSURGICAL ASSOCIATES**

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This interview with Dr. Weiner was conducted by Michael J. Sahno of the editorial staff of *Florida Health Care News*.



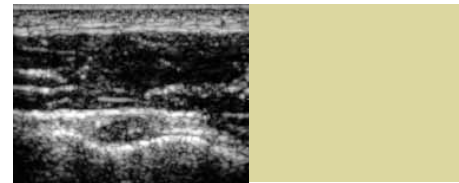
Platelet-rich plasma (PRP) therapy is a revolutionary new treatment in pain management that relieves pain by promoting long-lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with rotator cuff tears, chronic plantar fasciitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, ligament sprains, and osteoarthritis of the knee, shoulder, hip, and spine. Dr. James Weiner and the physicians of Southwest Florida Rehab & Pain Management Associates can determine if this advanced, nonsurgical treatment can help expedite your recovery. We asked Dr. Weiner to tell us more about PRP therapy.



How does platelet-rich plasma 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. To create PRP therapy, a 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 platelet-rich plasma (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 a transmissible infection and a very low risk of allergic reaction.

And this is a brand-new treatment? It's been around in one form or another for years. What's new is this type of

procedure in which we concentrate and use it. Technology has significantly improved, and so the process for concentrating plasma has significantly improved. Additionally, we combine the plasma with a substance called *thrombin* as a clotting agent. We want the healing process to occur in one area, and the addition of thrombin prevents it from migrating beyond the area into which we inject it.

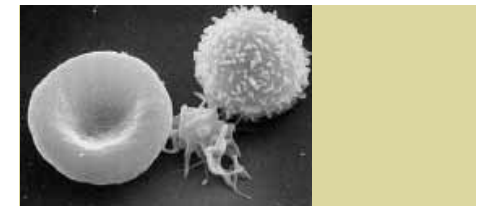


How long does the procedure take? It takes approximately one to two hours, including preparation and recovery time. Performed safely in a medical office, PRP therapy can relieve pain without the risks of surgery, general anesthesia, or hospital stays, and without a prolonged recovery. In fact, most people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

How often should this procedure be done? Up to three injections may be given within a six-month time frame, typically performed two to three weeks apart. You may, however, gain considerable to complete relief after the first or second injection.

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. I have even used it on myself. I had a cartilage tear in my shoulder, which was giving me tremendous pain, and a surgical procedure would only have given me about a fifty percent chance of success. With PRP therapy, I was able to not only get rid of the pain, but I have also been able to find evidence of the cartilage healing on an MRI scan.



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. **FHCN**

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The staff at Southwest Florida Rehab & Pain Management Associates and Southwest Florida Neurosurgical Associates welcome your questions and comments regarding this article. For additional information or to schedule a consultation, please call or visit one of their conveniently located offices: in Fort Myers at **(239) 432-0774, 12700 Creekside Ln., Suite 301;** and in Cape Coral at **(239) 772-5577, 632 Del Prado Blvd. North, Suite 101.**

Please visit Southwest Florida Rehab & Pain Management Associates on the web. Just set your browser to **www.swfna.com** and select "Pain Management & Rehabilitation" from the menu at the top of the screen.

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