Platelet Rich Plasma Therapy (PRP) Accelerates Healing of Joint Injuries, Osteoarthritis Pain

PRP Uses The Patient's Own Blood to Speed Tissue Regeneration and Healing according to Dr. Steven Sampson.

Los Angeles (PRWEB) June 19, 2009 -- According to Dr. Steven Sampson, Medical Director of the Orthohealing Center in Los Angeles (www.orthohealing.com), Platelet Rich Plasma (PRP) therapy offers a promising solution to accelerate healing of tendon injuries and osteoarthritis naturally without subjecting the patient to significant risk.

As a result of Americans being increasingly active, physicians are seeing phenomenal numbers of patients suffering with knee and hip arthritis at younger ages than ever. In fact the demand for total knee replacements is expected to rise by 673% to 3.48 million procedures by 2030.

There is a shortage of licensed orthopaedic physicians that can meet patient needs. Additionally there is a trend where many Orthopaedists are not performing total joint replacements because of reduced reimbursement rates. As a result there is an urgent calling for new solutions to manage this growing patient population.

PRP Therapy is a relatively simple, non-surgical treatment for joint Injuries & arthritis. It uses the patient's own blood to speed tissue regeneration and healing.

"PRP is an emerging treatment in the new health sector of 'Orthobiologics,' which includes stem cells", says Dr. Sampson. "The philosophy is to merge cutting-edge technology with the body's natural ability to heal itself." (See Attached images showing tendon regeneration with PRP therapy.)

Dr. Sampson hosts an informative blog covering the latest developments in PRP therapy which may be visited at www.prpinjection.blogspot.com

Platelet Rich Plasma or PRP is blood plasma with concentrated platelets. The concentrated platelets found in PRP contain huge reservoirs of bioactive proteins, including growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing: bone, tendon and ligament regeneration and repair, promote development of new blood vessels, and stimulate the wound healing process.

Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets. Through a process known as centrifugation, the components not responsible for tissue repair are removed and the platelets remain. When in their resting state, platelets look like sea sponges and when activated form branches. Platelets were initially known to be responsible for blood clotting. In the last 20 years physicians have learned that when activated in the body, platelets release healing proteins called growth factors.

There are many growth factors with varying responsibilities, however cumulatively they accelerate tissue and wound healing. Some of the growth factors have been linked to cartilage regeneration. Therefore after increasing the baseline concentration of these platelets, we are able to deliver a powerful cocktail of growth factors that can dramatically enhance tissue recovery.

To prepare PRP, a small amount of blood is taken from the patient. The blood is then placed in a centrifuge. The centrifuge spins and automatically produces the PRP. The entire process takes less than 15 minutes and increases the concentration of platelets and growth factors over 500%.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new cells develop with restored blood flow and tissue regeneration occurs.

Elite athletes including Hines Ward of the Pittsburgh Steelers and Takashi Saito of the Los Angeles Dodgers have received this treatment with decreased return to play times without adverse effects. However the treatment is not restricted to high level athletes, it may ultimately see more widespread use in the weekend warrior.

PRP injections can be performed in tendons, ligaments, and painful joints all over the body. Sports injuries including rotator cuff tears, Achilles tendonitis, plantar fasciitis, knee meniscus tears, and hip & knee arthritis all may be effectively treated with PRP. Many patients have been able to avoid surgery with PRP treatment.

Case history -
"T.R." is a male professional pole-vaulter who competes in senior-level events (age 50-plus). He initially presented with complaints of knee pain from arthritis. He tried anti-inflammatories, received multiple synvisc and cortisone injections, and underwent arthroscopic surgery; however he continued to experience pain while jogging.

A musculoskeletal ultrasound was performed & identified multiple abnormalities of the knee which were contributing to his pain in addition to the arthritis.

After a series of 3 PRP injections to his pes anserine bursa, patellar tendon, medial meniscus and knee joint, he was pain free with no limitation. Several months later he received PRP therapy for his rotator cuff tear with arthritis and is doing great.

Patient testimony:
"As a national-class masters track and field athlete competing in the pole vault, sprints, and hurdles, decades of training and competition had worn down my joints to the point where running was painful and lifting my arm over my head was difficult. My orthopedist referred me to Dr. Sampson, whose assessment indicated that PRP for my problematic joints (knee, shoulder) might yield some benefits. Dr. Sampson gave me a series of PRP injections in the knee and the shoulder over an extended time. The improvement has been dramatic; I can run and pole vault without pain, train with intensity, and compete without worrying about joint limitations. PRP has returned my joint functionality to where it was 15 years ago."

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