

It's called Platelet Rich Plasma therapy — or PRP.

Doctors spin a few tablespoons of a patient's own blood, separating out the platelets. Normally, platelets help the blood to clot — but they also promote healing. With PRP, this concentration of platelets is injected directly into the injury.

Platelets are an amazing substance. They are packed full of growth factors, of healing factors, and when given into a specific area, you get a hyper-healing response.

PRP has been safely used for 20 years with no reported complications or safety issues. Its origins lie in the dental field. However, it is being applied in numerous specialties to accelerate healing.

Platelet rich plasma (PRP) therapy has recently appeared as a new treatment for arthritis.

A Cornell University researcher recently showed that platelet-rich plasma (PRP) therapy can enhance the healing response and quality of repair at the cellular level in treatment of tendonitis.



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# Healing Tendons with Platelet-Rich Plasma

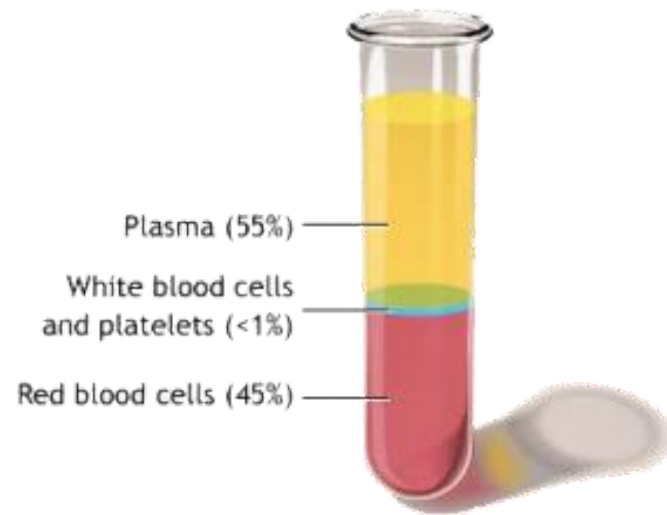
A Non-Surgical alternative to Surgery or  
Steroid Injections



What is PRP? It is the use of one's own plasma...containing platelets which is then injected into the painful, injured site of a tendon or Bursa.

Platelets are selected because they form a fibrin clot containing growth factors that enhance tissue healing.

## What is Platelet Rich Plasma?



Platelet Rich Plasma or PRP is blood plasma with concentrated platelets.

The concentrated platelets found in PRP include growth factors that are vital to initiate and accelerate tissue repair and regeneration.

These bioactive proteins initiate connective tissue healing and repair, promote development of new blood vessels, and help stimulate the wound healing process.

## How does PRP work?



To prepare PRP, a small amount of blood is drawn from the patient. The blood is then placed in a centrifuge. The centrifuge spins and separates the platelet-rich plasma.

This increases the concentration of platelets and growth factors up to 500 percent, which increases the healing capabilities of the damaged or weakened connective tissue that is being treated.

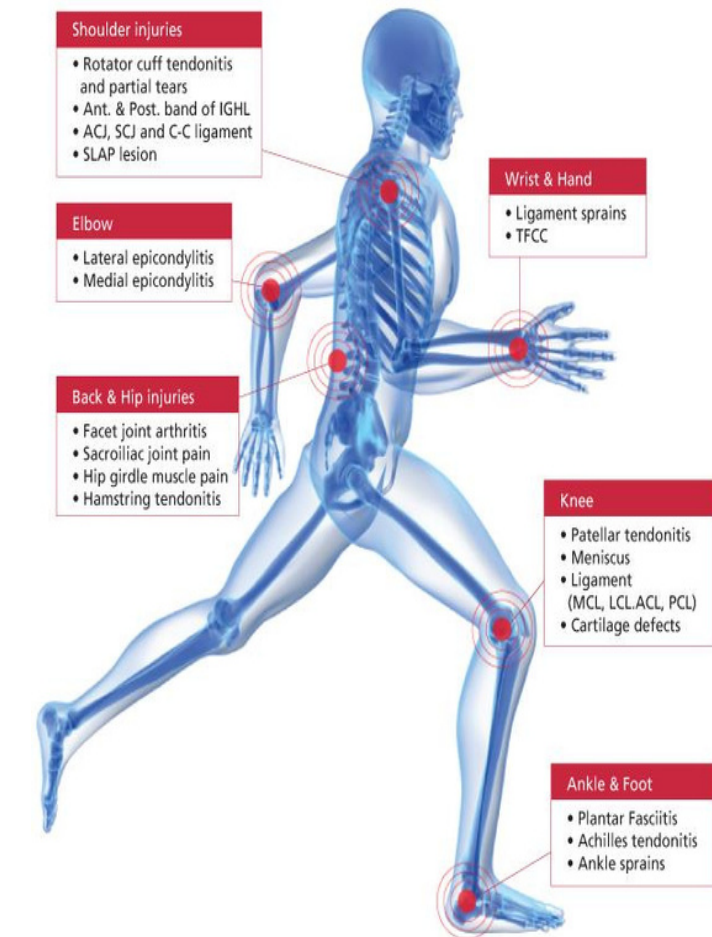


When PRP is injected into the damaged area, it stimulates the tendon or the ligament causing mild inflammation that triggers the healing cascade. As the

collagen matures, it begins to strengthen the tendons or ligaments of the damaged area.

## What can be treated?

PRP injections can be performed in tendons and ligaments all over the body.



Sports injuries' such as Tennis elbow, Bursitis, Golfer elbow and other tendinopathies may all be treated effectively with PRP.