

## WHAT IS PLATELET-RICH PLASMA THERAPY (PRP)?

Platelet-Rich Plasma Therapy (PRP) is an autologous blood therapeutic method that uses a patient's own blood components to stimulate a healing process in damaged or injured tissues.

In response to an injury, your body naturally recruits platelets and white blood cells to initiate a healing process.

These platelets contain numerous growth factors, which are released in response to chemical signals from the damaged tissues.

In our practice we can concentrate platelets and white blood cells from your blood using a centrifuge machine, and by inducing the release of these growth factors from platelets, we can re-inject the solution into the injured tissue, to stimulate the healing response maximally. Hence, by enhancing the body's natural healing capacity, this therapy translates into a more rapid and efficient healing process of the injury site.

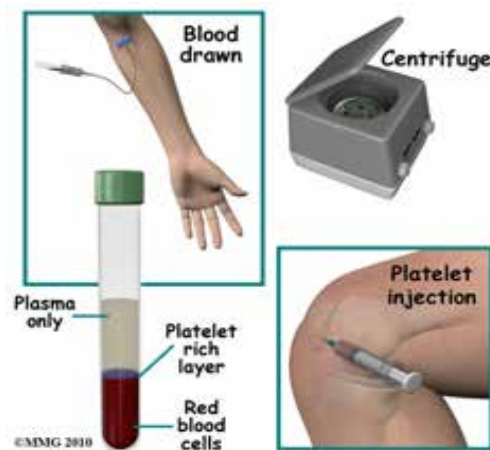
### WHAT CONDITIONS CAN WE TREAT WITH PRP?

- Osteoarthritis / joint pain
- Tendon injuries
- Muscle injuries
- Ligament sprains or tears (MCL, LCL etc.)
- Tendonitis / Tendinopathy
- Epicondylitis (tennis elbow, golfer's elbow)
- Plantar fasciitis
- Muscle tears

### WHAT IS THE TREATMENT PROCESS?

After a formal evaluation and diagnosis, an individualised treatment plan will be discussed with you. Blood is then drawn from your arm and placed in a centrifuge unit, which will separate platelets, white blood cells and the serum from the red blood cells.

The platelets, which are more concentrated are collected in a sterile syringe. This PRP is then injected into the target tissue.



Sometimes viscosupplementation (Hyaline Solution) can be combined with PRP to assist in pain relief in Osteoarthritis.

### HOW MANY INJECTIONS ARE REQUIRED?

Depending on the severity and injury type, one to three injections of PRP are suggested, with an assessment of the injury done with each follow-up. Injections are usually combined with an exercise program or physiotherapy regime to enhance treatment success.

### HOW SAFE IS PRP?

PRP injections are extremely safe with minimal risk for adverse reactions / complications. Because the injection product is derived from your own blood there are no rejection or disease transmission. A small risk for infection exists, but it is rare and special care is taken to prevent this.

### WHAT CAN I EXPECT AFTER PRP TREATMENT?

After the initial PRP injection, there might be mild inflammation, swelling and soreness at the site of injection. This is actually a positive effect, and indicates that a healing response has been started.

This effect lasts about 2 to 3 days, and usually subsides with rest, elevation of the body part and regular icing. Analgesic agents are also helpful, but anti-inflammatories are best avoided because it may interfere with the healing process.

You may resume normal day to day activities post PRP injection, but strenuous or competitive sports will resume only when appropriate healing and strengthening has occurred, through the rehabilitation programme provided. You may continue with driving and daily activities. No usage of anti-inflammatory during PRP treatments unless prescribed by the consulting doctor. Each case will be individualised and discussed during the first consultation.

#### PLEASE NOTE

It remains the clinician's decision as to whether PRP is indicated or not. If your doctor feels that the procedure is not appropriate for you, normal consultation charges will still apply (without PRP-related fees).

If your doctor begins with the procedure and you decide (for any reason) that you do not want to go through with it, you will still be liable for the consumable costs associated with the procedure.

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