

**Clinic for Pain Relief  
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### Platelet Rich Plasma (PRP)

Many musculoskeletal injuries are mistaken to be inflammatory in nature, and treatment directed at reducing inflammation repeatedly fails. Such injuries are often the result of repetitive damage to the tissues (typically ligaments or tendons), causing decreased blood-flow with degenerative changes in these areas. PRP (platelet-rich plasma) is a fraction of whole blood containing concentrated growth factors and proteins, which, when injected into the damaged tissue, can help facilitate new growth of healthy tissue.

PRP is emerging as one of the most exciting non-operative treatments for sports injuries, and has shown remarkable success in treating persistent cases of a wide array of tendon and ligament injuries, such as tennis elbow, patellar tendinosis, Achilles tendinopathy, knee ligament sprains- to mention only a few.

PRP therapy offers a promising solution to accelerate healing of tendon injuries and osteoarthritis naturally without subjecting the patient to significant risk. PRP is an emerging treatment in a new health sector known as "Orthobiologics." The philosophy is to merge cutting edge technology with the body's natural ability to heal itself. Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets. 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 we 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. 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.