

Benefits of Platelet Rich Plasma (PRP) Therapy

- PRP enhances your healing potential.
- Prepared from your own blood, PRP causes no concern for rejection, infection, or disease transmission.
- Patients see remarkable improvement in symptoms and return of movement.
- Results are proving PRP to be an effective and natural alternative to steroid injections.
- PRP may eliminate the need for more aggressive treatments such as long-term medication or surgery.



Nonsurgical Solutions for:

Sports Injuries • Back & Neck Pain • Herniated Discs • Joint Pain • Arthritis
Nerve Injuries • Industrial/Work Injuries • Carpal Tunnel Syndrome
Acute Injuries • Muscle & Ligament Sprains & Strains

Leading-Edge Diagnostics & Treatments:

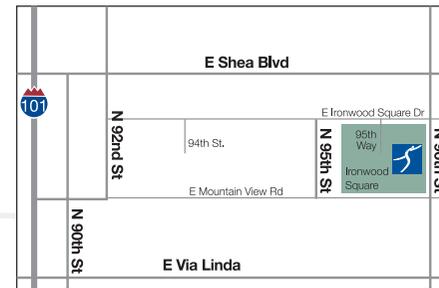
EMG Testing/Nerve Studies • Fluoroscopically Guided Injections
Intradiscal Electrothermal Therapy (IDET) • Radiofrequency Ablation
Pulsed Radiofrequency Treatment • Epidurals • Percutaneous Disc
Decompression • Provocative Discography • Medical Imaging •
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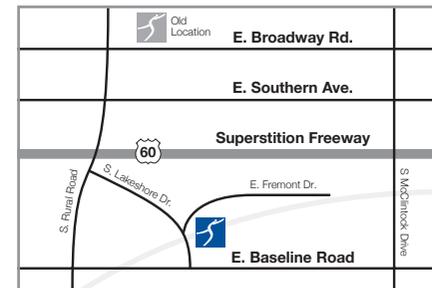
Platelet Rich Plasma (PRP) • Intradiscal Therapy with PRP, Stem Cells & Sealant

For Your Comfort & Convenience:

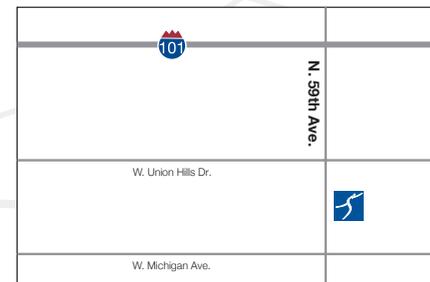
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A New Frontier: Platelet Rich Plasma Therapy

New Innovative Treatment for
Healing Joint and Soft Tissue Pain



Your Alternative to Surgery

When you're in pain, life comes to a standstill. Even the simplest tasks can feel nearly impossible. At Southwest Spine & Sports, we want to get you past the pain and help get you moving again.

We're on the frontier of Regenerative Medicine with a new and experimental form of non surgical treatment known as Platelet Rich Plasma Therapy (PRP).

PRP stimulates the body's natural healing forces, enabling most patients to avoid invasive procedures such as surgery and providing you with an alternative to aggressive long-term medication such as anti-inflammatories, steroid injections, and epidurals.

Medical research and intensive studies are leading the way to the tremendous benefits offered by PRP for joint pain, soft tissue injuries, low back disc degeneration, and arthritis.

Enhance your body's ability to naturally heal itself with Platelet Rich Plasma Therapy.

What is PRP?

Platelet Rich Plasma is a concentration of platelets, which can jump start healing. Platelets contain packets of natural growth hormones and proteins that tell your tissues to increase rebuilding to enhance your recovery and help stop the pain.

I was dealing with Achilles tendon for almost 2 years. I had been to specialists, including a surgeon that could not help me. I had one PRP injection in my Achilles and was back to running in 4 weeks.

—Steve P.

Where does PRP come from? How does it work?



1 Your doctor will perform a brief exam to determine that you are a good candidate for PRP Therapy.



2 A sample of your blood is taken under sterile conditions.



3 The blood is placed in a centrifuge, which spins the blood.



4 Blood cells are separated from the plasma, creating a concentration of platelets known as Platelet Rich Plasma (PRP).



5 Using ultrasound guidance, PRP is injected into the injured area.



6 The injection stimulates a mild inflammatory response, which triggers the healing process.



7 This process may be repeated 1 to 2 times over a six to sixteen week period.



8 PRP Therapy leads to restored blood flow, new cell growth, tissue regeneration, and may ultimately result in faster healing of soft tissue injuries.

What can I expect after PRP Treatment?

You may experience mild to moderate discomfort, which may last up to 1 week.

There may also be temporary worsening of symptoms due to a stimulation of the inflammatory response, which is necessary for the regeneration of tissue.

Your doctor will instruct you in the use of ice, elevation, reduced activity, and other medications for comfort while the PRP is initiating healing. Physical therapy or a customized therapeutic exercise program may be prescribed.

It is important not to disturb the area of injection for at least 48 hours. We ask that you refrain from activities other than necessary walking or driving to receive the maximum benefit of your PRP Therapy. Try to refrain from any vigorous activity for up to 2 weeks following each procedure.

“Innovative regenerative medicine has become my focus and passion. Several years ago, I started offering platelet-rich plasma (PRP) and stem-cell therapy, which uses properties of the patient's own body to heal injuries. The results have been quite impressive. We are currently forming a non-profit research and education foundation to conduct research in the field of Regenerative Medicine to advance the treatment of back pain, arthritis, and musculoskeletal injuries using PRP.”

— Dr. Michael Wolff,
Founder of Southwest Spine & Sports, in an interview with *Phoenix Magazine*, “Top Doctor 2013”