

IS PLATELET-RICH PLASMA SAFE?

For over twenty years, PRP has been used in many different fields of medicine.⁷ Research and clinical data show PRP derived from the patient's own blood is safe, with minimal risk of adverse reactions or complications.^{8,9} Because the platelets are produced from your own blood, there is no risk of rejection or disease transmission. As with any injection into the body, there is a small risk of infection, however it is very rare.

WHEN WILL I START TO FEEL RESULTS?

In two different studies evaluating the use of PRP for the treatment of chronic conditions both showed a gradual improvement at one month, three months and six months. However, the results may vary depending on the patient and the severity of the condition. If you do not feel any improvement at your follow-up visit, additional injections may be necessary. It is important to exercise restraint and to have routine follow-up examinations with your doctor before resuming normal physical activities. Discuss all your options with your treating physician to determine whether PRP is right for you.

PLATELET-RICH PLASMA PROVIDER

Platelet-Rich Plasma is available through the Musculoskeletal Transplant Foundation (MTF). MTF is the nation's leading tissue bank, dedicated to providing safe, high-quality biologic solutions for surgeons and their patients. For further information on PRP, please log on to www.platelettherapy.com.



MTF Musculoskeletal
Transplant
Foundation

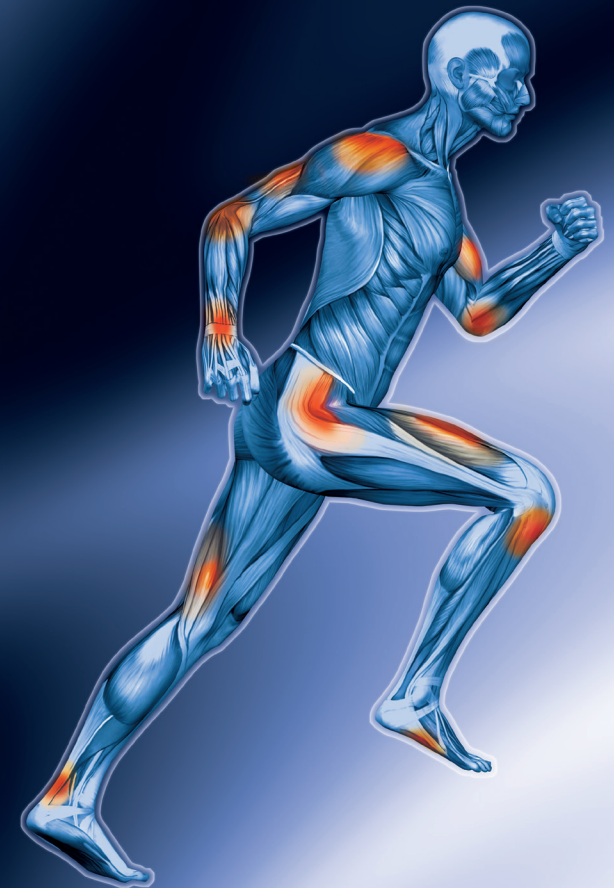
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What if
SCIENCE
Could Harness Your Body's
NATURAL
Healing Power?

**AUTOLOGOUS PLATELET-RICH
PLASMA (PRP)**



HARNESSING YOUR BODY'S NATURAL HEALING POWER



The body has an amazing capacity to heal itself. When the body becomes injured, a natural healing process occurs to repair the damaged tissue. The body signals platelets and other components in our blood supply to migrate to the site of injury. Under normal conditions, these platelets

release a variety of factors that initiate and subsequently promote healing. New advances in medicine have been developed to harness and concentrate these platelets to be precisely introduced to the injury site in an injectable form. The implantation of these platelets from a small amount of the patient's own blood has the potential to enhance the body's capacity for healing.

WHERE IS PLATELET-RICH PLASMA BEING EVALUATED?

Many active patients are familiar with repetitive or overuse injuries that can cause micro tears of the muscle and/or tendon fibers, resulting in weakness and pain at the injury site. This can be an acute or chronic condition that can affect the normal healing process of the damaged tissue. Recent studies have evaluated the use of Platelet-Rich Plasma (PRP) to treat these conditions.¹⁻⁵ It's important to speak with your treating physician to learn more about the studies that have been published evaluating the use of PRP.

PROCESS FOR RECOVERING PLATELET-RICH PLASMA

A very small amount of blood is drawn from the patient into a sterile tube in the exact same manner as a standard blood sample. The tube containing a patient's blood is placed into a centrifuge and spun to separate the platelets from the other blood components. After a few minutes, the concentrated platelets are removed from the same tube and re-introduced into the patient at the site of the injury. Using a sterile needle, your physician will inject the PRP in and around the injury site. This is all accomplished without using any animal products or other foreign material.



Platelet-Rich Plasma (PRP) is produced using only a small amount of the patient's blood.

NON-SURGICAL TREATMENT APPROACHES TO UNRESPONSIVE INJURIES

Patients who are interested in exploring non-surgical treatment options before resorting to surgery may want to consider PRP. Traditional non-surgical interventions include: Corticosteroid ("cortisone") injections, oral anti-inflammatory medications, exercise and bracing. In many cases these modalities may not cure the condition, whereupon PRP may potentially be of great



benefit.⁶ Before you can be considered a candidate for PRP, a complete examination must be performed by your treating physician. This will include a physical examination and diagnostic evaluation. Prior to treatment, you may be asked to refrain from taking non-steroidal anti-inflammatory

drugs (NSAIDS) for a week. Following the PRP treatment, some localized soreness may occur, which is typical of any injection. This can be addressed with ice, heat, or elevation as well as with acetaminophen. Physical therapy may be prescribed.

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