



Accelerate[®]
CONCENTRATING SYSTEM

Platelet Rich Plasma Therapy





This brochure offers a brief overview of Platelet Rich Plasma therapy. This information is for educational purposes only and is not intended to replace the expert guidance of your physician. Please direct any questions or concerns you may have to your doctor.

Tendons and ligaments connect muscles to bone, making it possible for you to walk, jump, lift and move. Once injured, tendons and ligaments do not heal easily because they naturally have poor blood supply, particularly where they connect to bone. As a result, the tendons and ligaments become weak and the muscles become over-taxed causing chronic pain, weakness and further damage.

Common treatment options include: rest, anti-inflammatory medicines, physical therapy, bracing and even corticosteroid injections. For some patients, these treatment options are not enough and do not provide long-term relief.

Now there is a new treatment that is accelerating the way patients heal from chronic problems with tendons, ligaments and muscles. It's called Platelet Rich Plasma (PRP) therapy.

The Power of Platelets



Blood contains platelets and fibrinogen, which play a crucial role in blood clotting and also carry certain growth factors that promote wound healing.¹⁻⁷ PRP is derived from your own blood, which has been processed to concentrate the platelets. When injected into the injured site, these concentrated platelets contain powerful growth factors that can jumpstart the healing of injured tendons and ligaments by stimulating tissue repair and regeneration.¹⁻⁸

Common conditions that can be treated with PRP include tennis elbow, golfer's elbow, Achilles injuries, patellar and quadriceps tendinosis, and partial rotator cuff tears.

How Does it Work?

Your physician will collect a small amount of your blood. The blood is then placed into a centrifuge. The centrifuge concentrates the platelets from the blood. The concentrated platelets are then harvested and injected into the injured area.

Responses to treatment vary, but most patients will need one to three injections. Each set of treatments may be spaced approximately three to four weeks apart.



How Will I Feel?

As with any injection, you may experience some localized soreness and discomfort at the injection site. Your doctor may prescribe some over-the-counter pain relievers or recommend that you apply ice to the area as needed.

In general, patients treated with PRP therapy report significant improvement in their symptoms.¹⁻³ PRP therapy may eliminate the need for more aggressive treatments such as invasive surgery or long-term medication.

Is PRP Right for Me?

Your doctor will determine if PRP therapy is right for you. If you have a tendon or ligament injury and traditional methods have not provided relief, then PRP therapy may be a solution.



When Can I Return to Regular Physical Activities?

PRP therapy is not a quick fix. The therapy stimulates the growth and repair of tendons and ligaments, which requires time and rehabilitation. Your doctor will work with you to determine when you will be able to return to your regular physical activities.

REFERENCES

1. **Berghoff WJ, Pietraz WS, Rhodes RD.** Platelet rich plasma application during closure following total knee arthroplasty. *Orthopedics.* 2006 Jul;29(7):590-8.
2. **Mishra A, Pavelko T.** Treatment of chronic elbow tendinosis with buffered platelet-rich plasma. *Am J Sports Med.* 2006 Nov;34(11):1774-8. Epub 2006 May 30.
3. **Samson S, Gerhardt M, Mandelbaum B.** Platelet rich plasma injection grafts for musculoskeletal injuries: a review. *Curr Rev Musculoskelet Med.* 2008 Dec;1(3-4):165-74.
4. **Mishra A, Woodall J JR, Vieira A.** Treatment of tendon using platelet-rich plasma. *Clin Sports Med.* 2009 Jan;28(1):113-25.
5. **Gamradt S, Rodeo S, Warren R.** Platelet rich plasma in rotator cuff repair. *Techniques in Orthopaedics.* 2007;22(1):26-33.
6. **Filardo G, et al.** PRP injections as treatment in chronic refractory jumper's knee: a controlled prospective study. ICRS 2009-8th World Congress; May 23-26; Miami, FL. International Cartilage Repair Society. 8 p.
7. **Gosens T, Sluimer J.** Prospective randomized study on the effect of autologous platelets injection in lateral epicondylitis compared with corticosteroid injection. *Knee Surg Sports Traumatol Arthrosc.* 2008 16(Suppl 1):S231-S240.
8. **Mallory T, Wang Y, Murrell G.** The roles of growth factors in tendon and ligament healing. *Sports Med.* 2003;33:38-94.

Accelerate® Concentrating System and Accelerate PRP Sport® have not been evaluated by the FDA for specific therapeutic indications.

713-08-90 Rev. A
Accelerate PRP Sport PatEd Bro 0610



Exactech, Inc.
2320 NW 66th Court
Gainesville, FL 32653
USA
800.392.2832

© 2010 Exactech, Inc.