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## Regenerative Medicine Treatments

### What are Regenerative Medicine Treatments?

Regenerative medicine is an emerging branch of medical science that uses minimally invasive procedures to harness the body's natural cells and growth factors to help treat damaged or painful muscles, tissues, ligaments and joints. These outpatient procedures are performed under ultrasound guidance in our state-of-the-art pain center and require only local anesthesia. Patients are able to return to some level of functioning that same day and do not require significant time to recover. Regenerative medicine treatments are research-based and can provide patients with significant improvement in function and relief of pain.

### What is Platelet Rich Plasma Therapy?

Platelet Rich Plasma (PRP) is an "autologous blood therapy" that utilizes the patient's own blood to stimulate healing in damaged tissues. Platelets are a small component of blood and play a critical role by forming blood clots during injury. They have also been shown to be a rich source of growth factors and are increasingly being used to treat injured or degenerative soft tissues such as tendons, ligaments and joints. PRP treatments work by sending high concentrations of platelets and other regenerative elements to damaged areas. PRP is acquired from the patient by a simple blood draw and is then processed in a centrifuge to separate the blood contents. The physician will then combine the platelets and plasma in a unique concentration, tailored to the patient's specific needs. Using ultrasound guidance for accuracy and safety, the PRP is then injected into or around the injured site.

### Common conditions for PRP & Regenerative Medicine

- Tendon injuries
  - Elbow - "Tennis elbow" and "Golfer's elbow"
  - Shoulder - Rotator cuff tendinosis
  - Hip - Gluteal tendinosis/tear
  - Knee - "Jumper's knee"
- Plantar fascia injuries - "Plantar fasciitis"
- Arthritis and joint injuries
- Ligament injuries
- Sports-related injuries

