

Natural Help for Osteoarthritis and Joint Degeneration



Arthrex[®] 

Do You Suffer From Joint Pain?

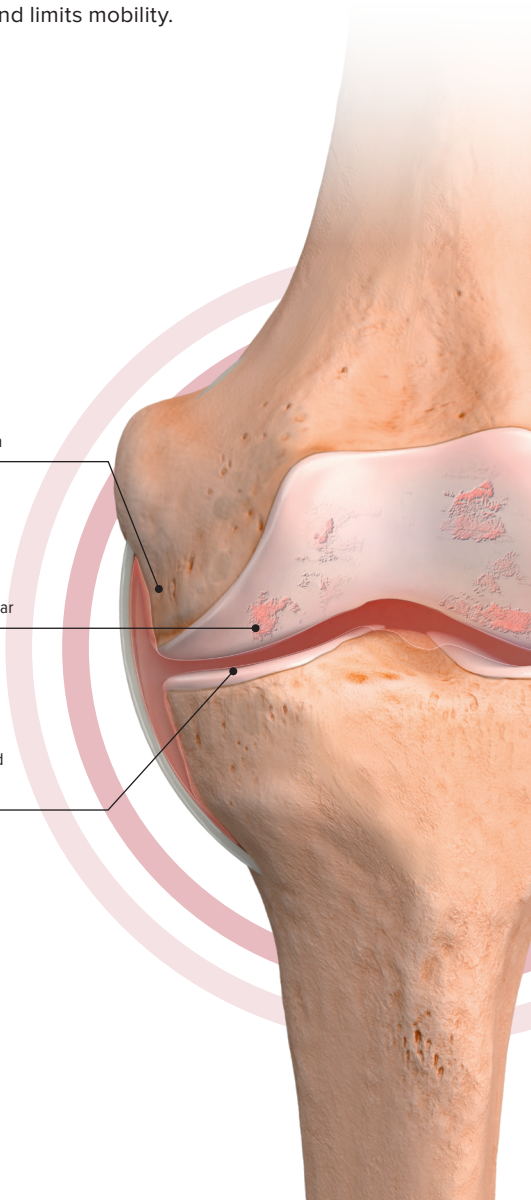
You Are Not Alone

Osteoarthritis, which is the most common joint condition worldwide, causes cartilage to wear away. Cartilage, along with synovial fluid, allows the joint to move smoothly. However, deterioration of cartilage or synovial fluid can result in damage that is both painful and limits mobility.

Inflammation

Cartilage wear

Synovial fluid changes



How and Where Does Osteoarthritis Occur?

Causes

- › Joint inflammation
- › Obesity
- › Age
- › Joint malalignment
- › Heavy joint loading (at work or doing sports)
- › Unhealthy lifestyle (alcohol, nicotine, lack of exercise)
- › Hereditary predisposition
- › Following joint surgery

Commonly Affected Joints

- › Shoulder and elbow
- › Thumb saddle joint and fingers
- › Spine (vertebral joints)
- › Hip and knee
- › Ankle and toe

Symptoms

- › Limited physical activity
- › Unpleasant tugging in the joint
- › Stiff joints in the morning
- › Walking starts off painful, but the discomfort eases during the walk
- › Acute or chronic pain regardless of activity



How Does PRP Therapy Help With Osteoarthritis and Joint Degeneration?

Platelet-rich plasma (PRP) is prepared from the patient's own blood.

Platelets play an important role in healing injured or inflamed tissue. Growth factors are always present in blood and inside platelets. Platelets are inactive in the bloodstream but are activated when an injury occurs. They collect at the injured site and release these proteins (the growth factors), which in turn promote the healing process.¹

Objectives of PRP Therapy

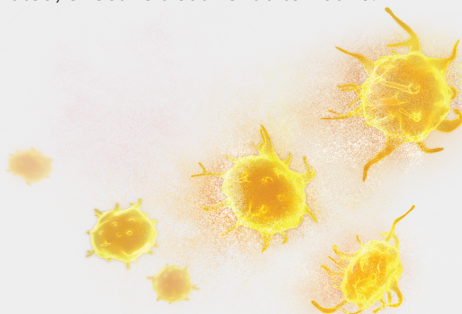
- › Regenerating damaged tissue
- › Preventing inflammation
- › Improving mobility
- › Delaying disease progression and joint replacement
- › Reducing pain

Studies confirm the effectiveness of PRP therapy in painful mild to moderate osteoarthritis (grades I-III).²⁻⁴

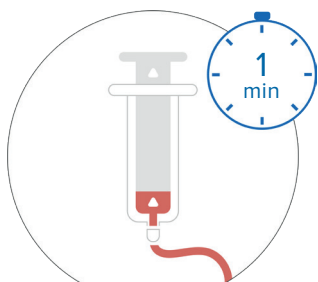
Depending on the symptoms and their severity, 3-5 treatments at 1-week intervals are recommended.^{5,6}

Who Is a Candidate for PRP Therapy?

Potential candidates for PRP therapy include patients of all ages who suffer from back pain, sports injuries, or osteoarthritis and are looking for a natural, well-tolerated, effective treatment alternative.

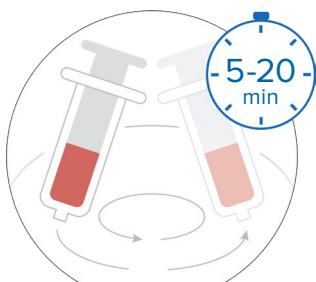


Treatment Process



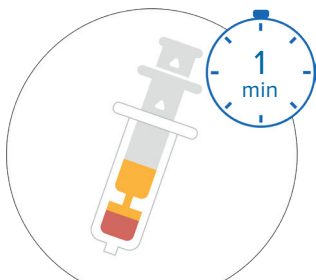
1

A small quantity of blood is drawn from a vein in the arm.



2

The blood plasma is separated from the rest of the blood in a special centrifuge. This process increases the concentration of platelets.



3

Nothing is added to the plasma. The conditioned plasma is injected directly into the affected area on the body.

Advantages of PRP Therapy

- › Outpatient procedure
- › Fast process (<30 min)
- › Naturally occurring substances are easily accepted by the body
- › Personalized treatment interval
- › Customized to your needs

References

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3. Cerza F, Carni S, Carcangiu A, et al. Comparison between hyaluronic acid and platelet-rich plasma, intra-articular infiltration in the treatment of gonarthrosis. *Am J Sports Med*. 2012;40(12):2822-2827. doi:10.1177/036354651246190
4. Cole BJ, Karas V, Hussey K, Pilz K, Fortier LA. Hyaluronic acid versus platelet-rich plasma: a prospective, double-blind randomized controlled trial comparing clinical outcomes and effects on intra-articular biology for the treatment of knee osteoarthritis [published correction appears in *Am J Sports Med*. 2017 Apr;45(5):NP10. doi: 10.1177/0363546517700110.]. *Am J Sports Med*. 2017;45(2):339-346. doi:10.1177/0363546516665809
5. Smith PA. Intra-articular autologous conditioned plasma injections provide safe and efficacious treatment for knee osteoarthritis: an FDA-sanctioned, randomized, double-blind, placebo-controlled clinical trial. *Am J Sports Med*. 2016;44(4):884-891. doi:10.1177/0363546515624678
6. Zhuang W, Li T, Li Y, et al. The varying clinical effectiveness of single, three and five intraarticular injections of platelet-rich plasma in knee osteoarthritis. *J Orthop Surg Res*. 2024;19(1):284. doi:10.1186/s13018-024-04736-6

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