

# Natural Help for Augmenting Rotator Cuff Repairs

With Platelet-Rich Plasma



# Do You Struggle With Shoulder Pain After a Rotator Cuff Tear?

## You Are Not Alone

Rotator cuff tears are one of the most common causes of shoulder pain and limited mobility—and they're becoming increasingly prevalent across the United States.<sup>1,2</sup> Each year, more than 450,000 rotator cuff repair surgeries are performed in the US alone.<sup>2</sup>

### Understanding Rotator Cuff Tears

The rotator cuff is a group of muscles and tendons that surround and stabilize the shoulder joint. A rotator cuff tear occurs when one or more of these tendons become detached from the upper arm bone. This can occur suddenly due to an acute injury or gradually from repetitive use and wear over time. Regardless of the cause, rotator cuff tears can lead to persistent shoulder pain and a significant reduction in mobility and function.





### **Rotator Cuff Tear Symptoms**

- › Shoulder pain
- › Weakness or decreased strength
- › Decreased range of motion

Even after surgical repair, the road to recovery may be complex. Studies have reported re-tear rates ranging from 25% to 94%, depending on the severity of the injury and individual patient factors.<sup>3</sup>

A number of personal and clinical factors may affect how well your surgical repair heals, including:

- › Age
- › Weight
- › Smoking status
- › Tear size, location, and type
- › Overall tendon quality



## What Is the Effect of PRP Therapy in Rotator Cuff Tears?

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

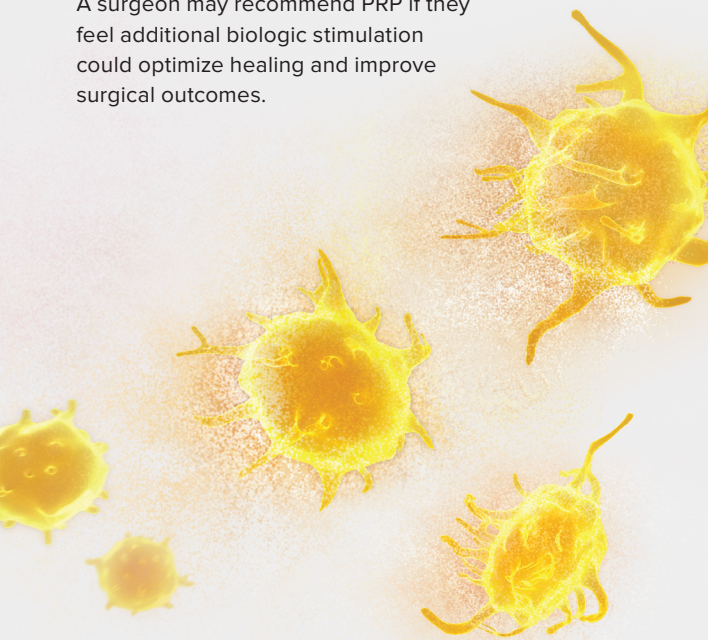
Platelets play an important role in healing injured or inflamed tissue. Growth factors are always present in blood and platelets. Platelets are inactive in the bloodstream but are activated when an injury occurs. They collect at the injured site and release growth factors, which in turn promote the healing process.<sup>4</sup>

### Benefits of Using PRP With Rotator Cuff Repair

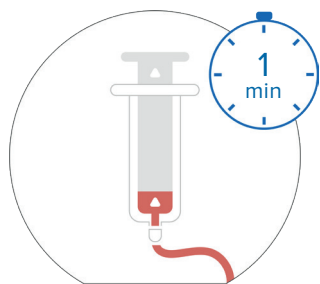
- › Reduces retear rates<sup>3-5</sup>
- › Has shown a 25% reduction in the risk of repair failure<sup>6</sup>
- › Improves early postoperative pain<sup>7,8</sup>

## Who Is a Candidate for PRP Augmentation?

A surgeon may recommend PRP if they feel additional biologic stimulation could optimize healing and improve surgical outcomes.

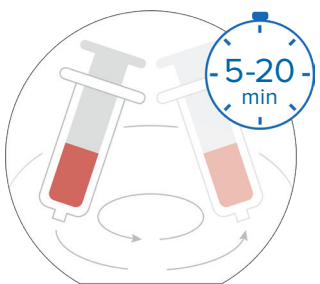


## Treatment Process



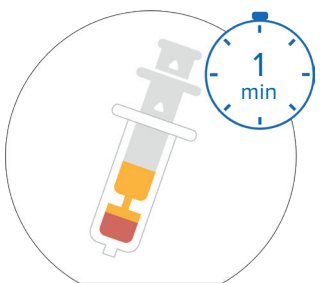
1

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

The PRP is applied at the surgical site.

### Advantages of PRP Therapy

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

## References

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