

Natural Help for Back Pain



Arthrex® 

Do You Suffer From Back Pain?

You Are Not Alone

Eight out of 10 adults experience back pain in their lives.^{1,2} There are two types: specific pain that comes from obvious physical factors (such as a herniated disc, inflammation, or injury) or nonspecific pain that cannot be traced back to any clear cause. If symptoms last more than 12 weeks, it is referred to as chronic back pain.



Risk Factors

- › Lack of exercise
- › One-sided training that neglects the back muscles
- › Obesity
- › Poor posture
- › Stress

What Causes Back Pain?

Back pain can have many different causes. That is because the back is made up of several important parts, including bones, muscles, ligaments, tendons, joints, nerves, spinal discs, and the spine itself. When any of these structures are affected, it can lead to discomfort or pain.

Some common causes include:

- › Lifting or carrying things incorrectly
- › Accidents or injuries
- › Natural wear and tear over time (also called degenerative changes)

Because all the parts of the back are connected, pain in one area can sometimes spread to others. It is important to get a thorough diagnosis to find the exact cause of your pain. This helps your doctor choose the best treatment for you.

Commonly Affected Areas

- › Vertebral joints (osteoarthritis)
- › Intervertebral discs (bulging, degeneration)^{3,4}
- › Muscles (tension)
- › Ligaments and tendons (microtears, sprains)
- › Sciatic nerve (nerve irritation)⁵

Symptoms of Damage

- › Sudden sharp pain
- › Sensitivity to pressure
- › Loss of function
- › Limited movement of the joint

What Is the Effect of PRP Therapy on Back Pain?

Platelet-rich plasma (PRP) is prepared from the patient's own blood. Growth factors are always present in blood and inside platelets. Platelets are inactive in our bloodstream but become 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.⁶

Objectives of PRP Therapy

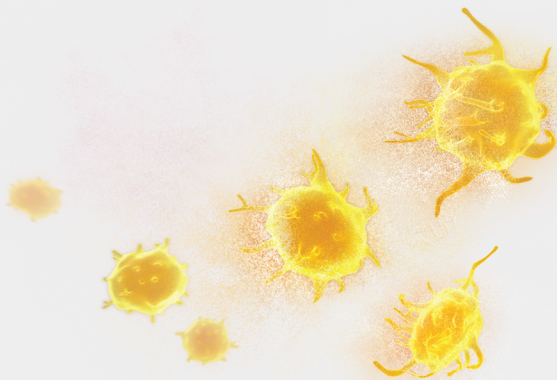
- › Repairing damaged tissue
- › Preventing inflammation
- › Improving mobility
- › Delaying disease progression and the need for an artificial joint
- › Reducing pain

Studies have confirmed the positive effects of PRP therapy on back pain.^{3-5,7}

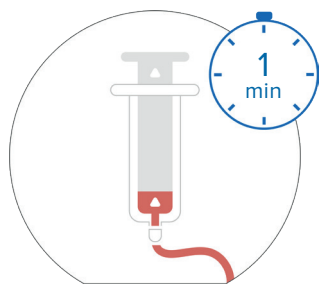
Depending on the symptoms and their severity, 3-5 treatments at 1-week intervals are recommended.

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.

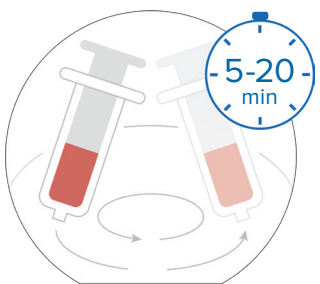


Treatment Process



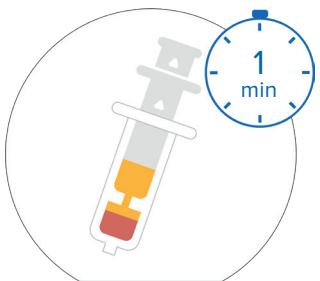
1

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 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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7. Wu J, Zhou J, Liu C, et al. A prospective study comparing platelet-rich plasma and local anesthetic (LA)/corticosteroid in intra-articular injection for the treatment of lumbar facet joint syndrome. *Pain Pract.* 2017;17(7):914-924. doi:10.1111/papr.12544

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