

PRP Treatments: the most effective therapy to fight arthritis pain



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Miami Stem Cell continues to be at the forefront in Regenerative Medicine advancements and the topic of this article will focus on the effectiveness of PRP treatments to treat arthritic pain, a degenerative condition which causes strenuous and debilitating pain.

You may have heard about Platelet-rich plasma (PRP) treatments to treat a range of orthopedic issues, including arthritis. But are all PRP the same? And how do I know they work?

Not all PRP is equal, and it is best practice to ask clinics about their PRP concentration before signing up for their treatments. A therapeutic dose concentrate the PRP to over 1 billion platelets per mL, of which is over 10X the whole blood concentration.

At Miami Stem Cell we measure the quality of our PRPs using a process called PRP Analysis and Characterization (PAC). It provides a complete hematological composition of our PRP samples so we can correlate platelets and cellular composition to patients' clinical outcomes. Our PAC and quality control differentiates our clinic from others demonstrating the PRP metrics to patients.

PRP is a proven / non-invasive approach that is basically transforming the way arthritis is now being treated. Our Board-certified doctors specialize in biological therapies and offer PRP therapy to ease orthopedic pain and slow the progression of painful conditions like arthritis.

What is PRP?

Platelet-rich plasma therapy, sometimes called PRP therapy or autologous conditioned plasma (ACP) therapy, takes advantage of

the blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone. PRP consists of a rich concentration of platelets and growth factors. Platelets are blood cells that play a vital role in healing and tissue regeneration. Platelets release growth factors that send signals to cells, which triggers the healing process. Platelets and growth factors ease pain, reduce inflammation, and slow the progression of arthritis.

How is PRP created?

PRP is created through a simple, in-office process of drawing a blood sample and separating the blood components in a centrifuge. Once done, the concentrated PRP is ready for use. It takes approximately 30 minutes to draw blood and create the concentrated PRP solution.

How is PRP Administered?

PRP is injected into the affected joint where it goes to work stimulating healing and tissue regeneration. Injections are performed under image guidance to ensure the precise placement of PRP in the targeted area. The number of injections varies based on your individualized treatment plan. Most of our patients with arthritis notice a significant improvement in pain even after just one treatment with PRP.

How does PRP help with arthritis?

Arthritis can cause a great deal of pain regardless of its variety. The way that it affects you is by causing pain in the joints and/or bones where the body is usually most frequently in active movement. As we age, it becomes more and more likely that we will all experience some type of arthritis, and it can be extremely stressful to determine a proper solution for the level of pain that we suffer.

PRP therapy seeks to ease this pain before the patient feels compelled to go to extreme measures. Invasive procedures (like knee or hip replacement surgery) can leave a person incapacitated for weeks and can take a long regimen of physical therapy to fully recover.

However, with PRP therapy, patients can see progress over a much shorter period (usually in as little as 4-6 weeks!) without the need to have long periods of downtime, unlike after having extensive surgery. Rather than seeking to find an external solution to pain, PRP encourages the body to provide its own solution for pain internally.

In some cases, PRP can help promote the regeneration of cartilage and increase levels of a major component of connective tissue called hyaluronic acid. PRP may also stimulate the formation of blood vessels in the joints and enhance the nutrients delivered to the damaged joint. PRP not only relieves pain and eases inflammation, bringing you relief, its characteristics help to prevent arthritis from worsening. It's a safe, effective treatment that provides lasting results and improves your ability to function and do the things you enjoy.

Where can you find the best PRP specialists for arthritis?

At Miami Stem Cell, a leader in Regenerative Medicine with over 15 years of experience and almost 8000 procedures to date, we have the option of treating patients, at any age, with PRP and/or stem cell therapy, depending on the nature of your injury and the severity of your pain. In addition to joint and pain related problems, we also use these therapies to improve many skin conditions, help with hair loss and even improve your sex life, all in an out-patient setting with zero downtime or complications.

On behalf of all of us at Miami Stem Cell we would like to wish you and yours Happy Holidays and a prosperous New Year!

To learn more or to schedule a free consultation, please contact Miami Stem Cell at (305) 598-7777 and speak with one of our patient concierge team members or visit: www.stemcellmia.com

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