Reading Shoulder Unit



www.readingshoulderunit.com

Information for patients regarding supplement of PRP injection to enhance healing of rotator cuff repair

What is PRP and how can it help?

Platelet-Rich Plasma (PRP) is a treatment prepared from a small sample of your own blood. Platelets contain natural growth factors and other biologically active substances that play an important role in the body's healing and tissue repair processes. By concentrating these platelets and delivering them directly to the treated area, PRP aims to enhance the body's natural healing response. Clinical studies have shown that adding PRP to rotator cuff repair can reduce the risk of recurrent tendon tears, while some studies have also demonstrated reduced pain following surgery. A study conducted at the Reading Shoulder Unit found significantly less pain and reduced use of painkillers during the early postoperative period in patients treated with PRP. It is believed that PRP may encourage the biological healing of the tendon to the bone, although further research is needed to establish the precise mechanisms and long-term benefits. At Reading Shoulder Unit, we use **Tropocells® PRP**, a specialised system that produces a high concentration of platelets while removing most red blood cells and reducing white blood cell content.

How is PRP administered?

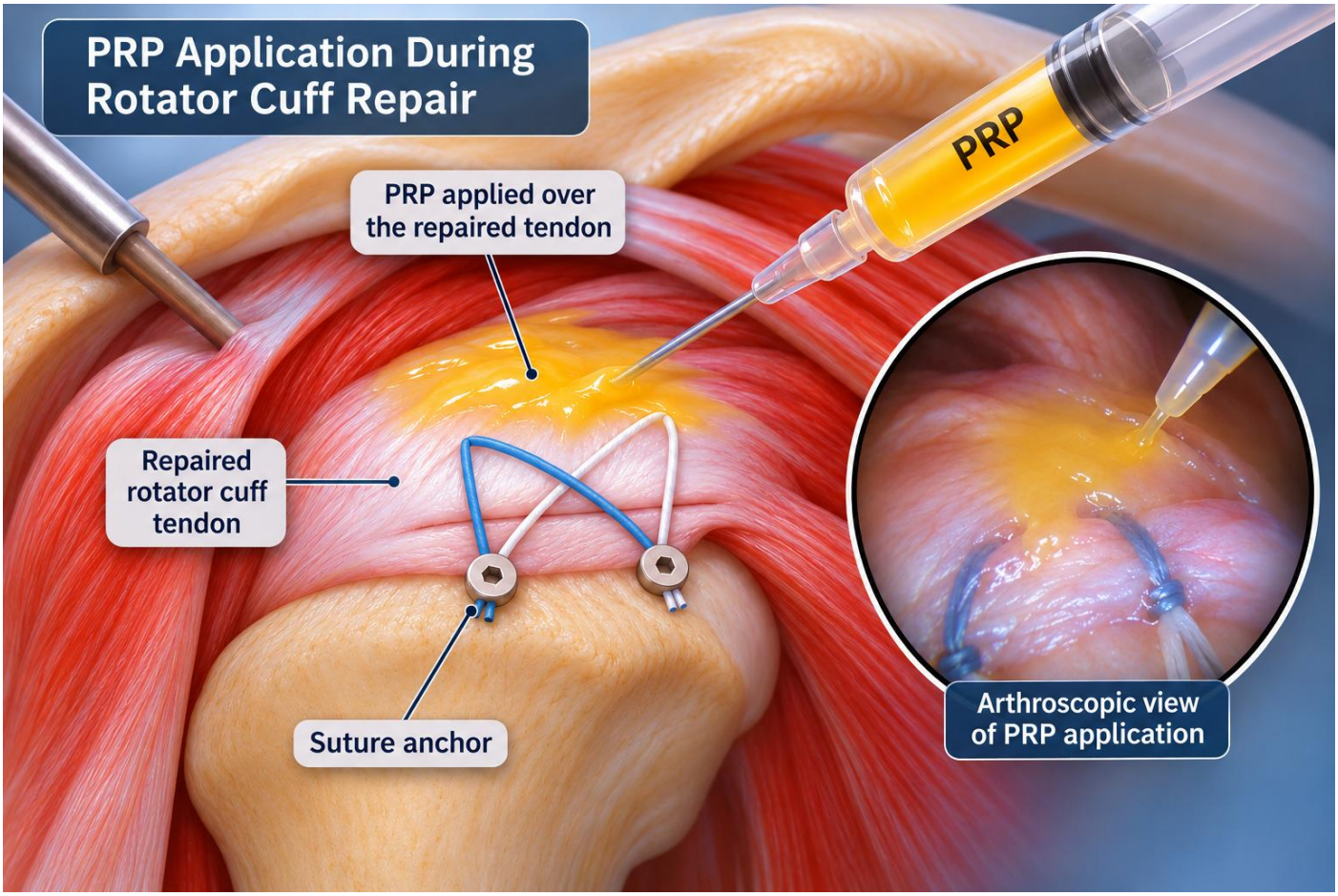
PRP is prepared by taking a small sample of your blood and processing it in a specialised centrifuge to separate and concentrate the platelets. During arthroscopic rotator cuff repair, PRP is injected directly into the repaired tendon-to-bone area at the final stage of surgery, under direct arthroscopic visualisation. Alternatively, PRP can be administered as an outpatient injection in the days following surgery, where appropriate. The injection is a relatively straightforward procedure and does not require a further operation. **The postoperative recovery and rehabilitation programme remains the same as following standard rotator cuff repair**, including the use of a sling, physiotherapy and gradual return to activities as advised by your surgeon.

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Are there any risks?

One of the main advantages of PRP is that it is prepared entirely from **your own blood**, without the use of an external medication, donor tissue or implanted biological material. This means there is no risk of rejection of a foreign graft and no exposure to donor-derived blood products. PRP is generally well tolerated, although temporary discomfort, swelling or local inflammation may occur at the injection site. As with any injection, there is a small risk of infection or bleeding. When PRP is administered during surgery, it does not usually add significant risks beyond those associated with the operation itself. Your surgeon will discuss any relevant individual considerations with you.

It is recommended that you do not take any anti-inflammatory medications at least a week before this procedure and for up to 6 weeks after.



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For patient testimonials see website:

http://www.readingshoulderunit.com/patient-informaion/feedback

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Professor Levy has a professional relationship with the company that makes the Verso prosthesis. He helped design it and acts as their Chief Medical Advisor and Company Secretary. However, he does not receive any money, royalties, or financial rewards when this device is used. He holds shares in the manufacturing company in lieu of granting the patent. He is telling you this so you have full transparency.
He and his team believe that the treatment offered is the best for your specific medical needs, but you are completely free to ask for an alternative or a second opinion
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