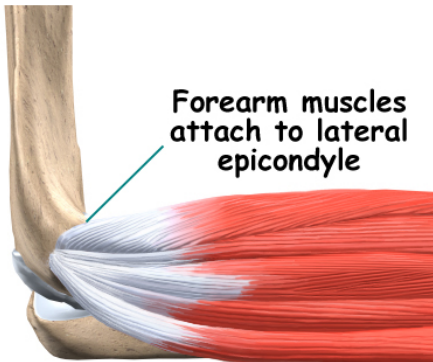




## Platelet-Rich Plasma for Tennis or Golfer's Elbow (Lateral or Medial epicondylitis)

### Introduction

Tennis elbow (or lateral epicondylitis) is pain on the outer side of the elbow caused by inflammation in a forearm muscle tendon. Tennis elbow is the result of repeated bending and twisting movements of the forearm such as when playing tennis, using a screwdriver, wringing wet clothes or carrying buckets. The strains, initially painless, cause small tears in the tendon. As they start to heal, more tears occur and painful inflamed scar tissue forms.



Similarly, Golfer's elbow (or medial epicondylitis) is pain on the inner side of the elbow caused by inflammation in a forearm muscle tendon.

### What is the current treatment?

Current treatment methods include rest, anti-inflammatory medications, physiotherapy, tennis elbow arm band, steroid injections in order to reduce inflammation and control pain or surgery.

### What is Platelet-Rich Plasma?

Platelet Rich Plasma (PRP) is blood plasma with concentrated platelets (the tiny disk-shaped cell fragment, found in large numbers in blood and involved in clotting and repair of damaged tissue). The concentrated platelets found in PRP contain growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing and repair, promote development of new blood vessels, and stimulate the healing process.

### How does PRP Therapy Work?

To prepare PRP, 10-20 ml of blood is taken from the patient. The blood is then placed in a centrifuge. The centrifuge spins and produces the PRP, which is then injected directly into the extensor or flexor tendon origin site. The entire process to prepare your blood takes less than 15 minutes and increases the concentration of platelets and growth factors at the site of injury up to 500%.



### What are the Potential Benefits of Treatment?

Patients can see a significant improvement in symptoms. This may eliminate the need for more aggressive treatments such as long term medication or surgery, as well as a remarkable return of function and a much shorter recovery time.

A major advantage of this treatment is that no foreign substance is used but the patient's own growth factors from his own blood. There is no risk of any disease transmission.



# Reading Shoulder Unit



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## Complications

As with all invasive procedures there is a risk of some complications. These are rare, but you should be aware of them before your operation.

They include:

- ✓ Pain following the injection
- ✓ Complications relating to the anaesthetics (if done under anaesthesia).
- ✓ Allergic reaction to the local anaesthetic.
- ✓ Infection.
- ✓ Failure to achieve successful result.
- ✓ Injury to the nerves or blood vessels around the elbow.
- ✓ Prolonged stiffness and or pain.

If you require further information please discuss with the doctors either in clinic or on admission.

## What to expect about the procedure and rehabilitation?

### Pain:

A supplementary local anaesthetic is used during the procedure which means that immediately after the procedure the elbow may feel numb. This may last a few hours, After this the elbow may well be sore for a period of 24-48 hours, until it settles.

### Driving:

You may begin driving when you feel comfortable.

### Returning to work:

You may return as soon as you feel able usually at the day after the procedure.

### Follow up Appointment:

You will be made a follow up appointment at the Shoulder Unit for around three weeks after the procedure. At this stage you will be reviewed by the specialist physiotherapist or Consultant who will check your progress, make sure you are moving your elbow, and give you further exercises as appropriate.

## Private:

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