

Biological Regenerative Treatments Replacing Surgery

PRP Regenerative Injection Clinic



Now available at the Berkshire Independent Hospital

Biologic tissue healing with PRP - Platelet Rich Plasma for common tendon and joint pain:

- Tennis and Golfer's Elbow
- Shoulder Tendon Tears and Inflammation
- Knee Osteoarthritis
- Hip Bursitis
- Knee Meniscal Tears
- Achilles Tendon Pain
- Foot Pain - Plantar Fasciitis
- Hand De Quervain's Tendonitis

What is Platelet-Rich Plasma?

Platelet Rich Plasma (PRP) is blood plasma with concentrated platelets (the body's repairmen for 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?

Blood will be taken from you and then placed in a machine that spins at high speed to separate the different types of blood cells. The surgeon will extract the platelet rich part of the blood and inject this into the area of diseased tissue. The entire process to prepare your blood takes about 15 minutes and increases the concentration of platelets and growth factors at the site of injury up to 500%. By having a PRP injection, it hopes to stimulate your body's ability to heal damaged tissue and achieve pain relief and improve function.

What are the Potential Benefits of Treatment?

PRP treatment has been proved effective in long-term improvement in function and pain associated with different tendon and joint diseases. 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.

What are the Side Effects associated with a PRP Injection?

- Pain associated with the injection for 1-2 weeks.
- Minimal risk of infection at injection site (as in any other injection performed).
- Anti-inflammatory medications (e.g. Ibuprofen, Naproxen) should not be taken 1 week before the injection procedure and for 6 weeks after.

The service is administered as a Self-Pay procedure (some insurance companies may cover).

Bookings can be made directly via info@readingshoulderunit.com

or call 07367 582 777, 0118 902 8116 / 8109

