



## **Platelet Rich Plasma for Healing Joint Pain & Injuries**

By Dr. Ayo K. Bankole

Platelet Rich Plasma (PRP) is revolutionizing musculoskeletal health by dramatically shortening recovery time from injury and providing an option to surgery. Hines Ward of the Super Bowl winning Pittsburgh Steelers and other athletes are using it as described in an article in a NY Times, in February 2009. In PRP, platelets are taken from the patient's blood, are separated and concentrated from the red blood cells and plasma with a special centrifuge machine. The platelets are then mixed with a small amount of plasma. Just as in prolotherapy, treatment of damaged ligaments and tendons triggers a wound healing cascade. Upon activation, platelets release several different growth factors. Activated fibroblast then lay new collagen in the treated area which, over time, tighten and strengthen the joint and improve cartilage health.

The therapy enjoys increasing popularity among orthopedic doctors and pain specialists, however PRP is not new. Its use started in surgical settings where PRP is used to improve the success of bone grafting and to shorten healing time in plastic surgery. PRP is successfully used in the treatment of chronic pain, tennis elbow, rotator cuff injuries, osteoarthritis, tendonitis/tendonosis, meniscal tears and other conditions.

### **When should PRP be considered?**

Traditional prolotherapy is great for typical joint pain and mild injuries and is still our go to therapy. However, individuals with more severe arthritis and joint degeneration or individuals such as athletes with higher grade injuries might consider PRP. Patients who have limited results from traditional prolotherapy are good candidates for PRP also. PRP can often reduce the healing time by half compared to traditional prolotherapy. Prolotherapy with PRP has made joint replacement unnecessary in older patients with severe arthritis of the hip and knee and therefore should first be considered.

### **After Platelet Rich Plasma**

After the therapy you will experience about three days of soreness and stiffness. Some patients may prefer to take Tylenol during this time. I advise against the use of non-steroidal anti-inflammatory medications as they inhibit repair. You will be encouraged to remain active as tolerable, with the exception of aggressive activity.

### **How many treatments will I need?**

Typically two to four treatments at four to six week intervals are required. Occasionally dramatic improvement or relief is gained after just one treatment. The number of treatments you need will depend on the extent of damage, the complexity of the joint treated, your age and state of health. It has been our experience that one PRP treatment is worth three or four traditional prolotherapy treatments.

**Dr. Ayo K. Bankole**

Prolotherapy and platelet rich plasma is performed by Dr. Ayo K. Bankole. He is a licensed Naturopathic Doctor treating pain, diabetes, cardiovascular disease, obesity, thyroid and autoimmune conditions. He has advanced training in prolotherapy and platelet rich plasma for repairing injured, painful and arthritic joints. He also possesses advanced training in environmental medicine and uses detoxification and chelation therapy for heavy metal toxicity.

He is a member of the Naturopathic Academy of Therapeutic Injection [www.injectiontx.org](http://www.injectiontx.org), the American Association of Naturopathic Physicians [www.naturopathic.org](http://www.naturopathic.org), the California Association of Naturopathic Doctors [www.calnd.org](http://www.calnd.org) and the American Academy for the Advancement of Medicine [www.acam.org](http://www.acam.org). For additional reading on prolotherapy and platelet go to [www.prolotherapy.org](http://www.prolotherapy.org).

To learn if prolotherapy and platelet rich plasma is right for you call at 909-981-9200 for a free consultation.

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