

### What is Platelet Rich Plasma (PRP)?

Platelet Rich Plasma (PRP) is concentrated platelets and white blood cells derived from your own blood. PRP can be used as a non-surgical therapy to initiate your body's natural healing potential.

### How long do the results last?

Results can be long lasting but can vary based on the ailment being treated. Initial improvements could be evident within the first few weeks following your first PRP visit, and continue throughout the healing process.

### How many visits are required?

The number of PRP visits will vary from patient to patient. While some patients may begin to see results after the first visit, additional visits may be required. Your physician will recommend a plan specific to you.



Consult with your physician about Platelet Rich Plasma (PRP) and whether it is appropriate for you.

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### Non-Surgical Treatment for:

- Baker's Cysts
- Partial Tears
- Meniscal Tears
- Labral Tears
- Achilles Pain
- Seromas
- Ganglion Cysts
- Tendonopathy
- Plantar Fasciitis
- Tennis Elbow
- Rotator Cuff Tears
- Overuse Injuries

[www.themcginleyclinic.com](http://www.themcginleyclinic.com)  
1-866-OrthoWY  
[julie@mcginleyclinic.com](mailto:julie@mcginleyclinic.com)

[www.themcginleyclinic.com](http://www.themcginleyclinic.com)  
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Discover the Healing  
Power of  
*Platelet Rich Plasma*  
(PRP)



Joseph C. McGinley, MD, PhD  
Musculoskeletal Intervention  
& Sports Medicine Physician

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## From you, for you.

Before you begin your Platelet Rich Plasma (PRP) treatment, it is important you understand what to expect from the procedure and how PRP works naturally with your body.

Prior to your procedure, a small sample of blood is drawn from a vein in your arm. The blood is placed in a specialized centrifuge that will separate and concentrate your body's own natural healing agents in less than 20 minutes. The PRP is then injected to the treatment site(s). The platelets activate and release growth factors, which help promote your body's natural healing process.

After the procedure, you may feel mild discomfort at the blood draw and/or injection site(s).

## Easy as 1, 2, 3...

### 1. Collect

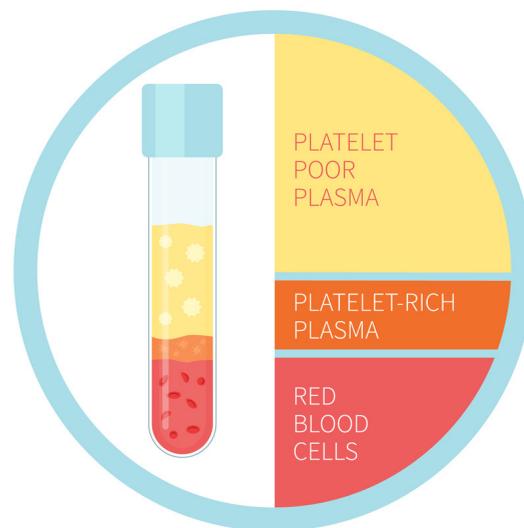
Your physician or his/her assistant will draw blood from your vein with a small needle.

### 2. Concentrate

A centrifuge separates and concentrates the cellular components of your blood, resulting in a highly concentrated sample of cells and platelets (PRP).

### 3. Deliver

The PRP is injected into the designated treatment site(s) to boost your body's natural healing process.



## The Components of Blood:

Platelets	Carry proteins and other molecules that initiate the repair or formation of tissues.
White Blood Cells	Help support growth or repair of new tissue and help fight infection.
Red Blood Cells	Help bring oxygen to new tissue so it can survive.
Plasma	Contains electrolytes and proteins that support the repair or formation of tissues.

## All About Platelets.

Platelets are a component of your blood that help stop bleeding. They also store signaling molecules (like growth factors and cytokines), which help to repair and form new tissues like bone, cartilage, muscle, fat, heart, nerves and blood vessels. Without these molecules, your body cannot properly perform its healing functions. We use *your* platelets from *your* body during *your* procedure. Since your body frequently generates platelets, harvesting them will not affect your body's natural healing ability.

## Why do we use whole blood?

Whole blood contains a large number of platelets. It is also very easy and relatively painless to obtain. Although you have billions of platelets in your blood, studies have shown that it is more beneficial to concentrate the Platelet Rich Plasma (PRP) to obtain a more sufficient amount. There are also other molecules in your plasma (the liquid portion of your blood) which help fight inflammation and the progression of tissue damage. We use a centrifuge to separate and concentrate these platelets from other components of your blood.