

WHAT IS STEM CELL THERAPY WITH PLATELET RICH PLASMA?



Stem Cell Therapy with PRP is the preeminent treatment in the burgeoning field of regenerative medicine. Stem Cell therapy with PRP has been shown time and again to accelerate healing of damaged cartilage, muscle, tendons, and ligaments. It not only slows, but in many cases reverses, osteoarthritis naturally without subjecting the patient to significant risk. Because we strictly utilize only **your own cells**, your body readily accepts the treatment and the healing process takes off. PRP has been used in sports medicine in Europe for many years and its use has grown tremendously in the U.S. over the last 10 years. The somewhat recent addition of stem cells dramatically amplifies effectiveness and significantly accelerates the healing process. At Colorado Pain we strive to merge cutting edge technologies with the body's natural ability to heal itself.

■ **WHAT ARE STEM CELLS?** Stem Cells (also known as Mesenchymal Stem Cells-MSC's) are cells we store in our bodies that have a primitive structure of embryological origin. When you were just a developing baby in the womb, it was these cells that changed into the different tissue types that make up a human body. Adult MSC's remain in this basic form until needed, as in after an injury, at which time, they can **develop and change into** new muscle, tendon, ligament, bone or even cartilage cells.

■ **WHAT IS PRP?** The dark red liquid flowing through your veins is comprised of red blood cells, white blood cells, plasma, and platelets. Using a special centrifuge, platelets are concentrated out of a blood sample drawn from a vein. This is called **Platelet Rich Plasma** or **PRP**. Platelets were initially known to be responsible for blood clotting. In the last 20 years we have learned that when activated in the body, platelets release healing proteins called growth factors. They also perform a kind of cell-to-cell communication that attracts Stem Cells. The many growth factors accelerate tissue growth and healing by super-charging stem cell activity. PRP alone will enhance the healing process but by utilizing our advanced regenerative medicine procedures we are able to deliver a powerful cocktail of constituents that can enhance tissue regeneration much more dramatically than ever before!

By now you're probably thinking, "OK! So how do I get this incredible therapy?" Initially, you will be seen for a free physical exam and consultation in order to determine if you are a good candidate for the procedure. This involves reviewing your medical and occupational history as it relates to your injury. A free diagnostic ultrasound may be performed of the area of concern and any X-rays or MRI's will be reviewed. Once the

consultation is complete, we will discuss the specifics of the procedure, how long you might expect to miss work and the recovery and rehab process. We will also review the medications that you are taking and determine if any need to temporarily stopped. ****Please bring any prior scans (eg. X-rays, ultrasounds, MRI, CT) and reports to your consultation as these will assist in assessing your condition.** Stem Cell/PRP therapy may not be the best treatment for all cases. If we discover you are not a good candidate we will discuss other treatment options with you. We are a fully equipped interventional pain management clinic staffed with Medical Doctors, a Doctor of Chiropractic and Physician Assistants offering a wide range of pain solutions and therapies on-site.

Our state-of-the-art procedures are quick and relatively comfortable. Once it is determined that you are a good candidate for the procedure, a member of our team will explain payment and scheduling options, pre-procedural instructions and answer any other questions you may have.

Once the process is complete, our friendly staff will allow you to rest a brief period of time. A personalized after-care and rehabilitation plan will be devised by our sports Chiropractor that may include physical therapy modalities, therapeutic exercise, soft tissue massage, acupuncture, and more. Additional therapy sessions may be purchased after all treatments included in your procedure package have been performed.

Thank you so much for your interest in Regenerative Medicine at Colorado Pain Care. We look forward to not only helping you feel better, but to be better too!