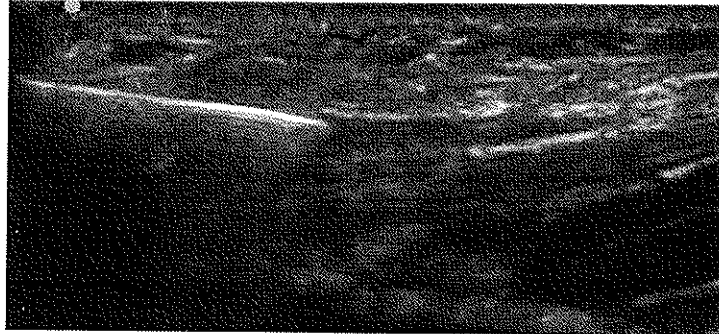


San Diego Pain Consultants

"The aim of the wise is not to secure pleasure, but to avoid pain." – Aristotle

We pleased to announce the addition of Platelet Rich Plasma injection therapy to our methods of treatment. PRP or Platelet Rich Plasma Therapy is used for the management of tissue healing, including hard to treat ligament and tendons.



Plasma injection therapy to our methods of treatment. PRP or Platelet Rich Plasma Therapy is used for the

Clinical Efficacy

Efficacy has been established in multiple studies. Studies have included multi-centered, randomized and double blinded features:

- **"Autologous PRP injections demonstrated more and longer efficacy than HA I injections in reducing pain, symptoms and recovering articular function in patients affected by severe chondropathies of the knee."** 150 patient sample size – Study 1.
- **"Treatment of patients with chronic lateral epicondylitis with PRP reduces pain and significantly increases function, exceeding the effect of corticosteroid injection."** Double blinded, randomized sample – Study 2.

REFERENCES

1. Peerbooms, J. C., Sluimer, J., Bruijn, D. J., Gosens, T. **Positive Effect of an Autologous Platelet Concentrate in Lateral Epicondylitis in a Double-Blind Randomized Controlled Trial: Platelet-Rich Plasma Versus Corticosteroid Injection With a 1-Year Follow-up** Am J Sports Med 38: 255-262
2. Kon E, Buda R, Mandelbaum B, Filardo G, Timoncini A, Delcogliano M, Fornasari P, Giannini S, Marcacci M. **PRP intra-articular injection versus viscosupplementation as treatments for early osteoarthritis** Podium Presentation, # 685. American Academy of Orthopaedic Surgeons, New Orleans LA. March 12, 2010.



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