



Platelet Rich Plasma Therapy

has been used for years among many physicians. Experience is showing PRP is very effective for healing injury to ligaments, tendons, and joints, as well as relieving pain. Elite athletes and professional sports stars have been using PRP therapy for years.

PRP therapy helps to alleviate pain caused by sports injuries, overuse, osteoarthritis and aging.



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Educational Background

- West Virginia University B.S.
- West Virginia University Medical School M.D.
- University of Colorado Hand Surgery Fellowship
- Yale University Orthopedic Residency

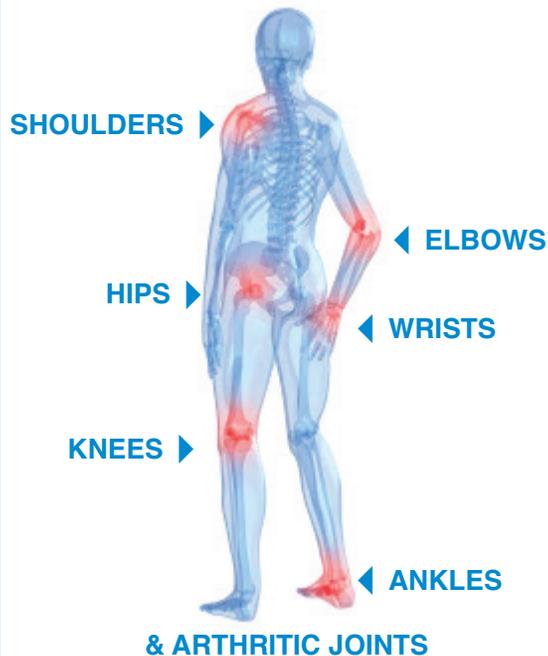


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Educational Background

- West Virginia University B.S.
- West Virginia University Medical School M.D.
- University of Kentucky Orthopedic Residency
- University of Louisville Hospital Hand Surgery
- The Children's Hospital Medical Center Sports Medicine Fellowship, Boston, MA

Areas that can be treated include:



Get Back to Life with Platelet Rich Plasma (PRP)



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How does PRP work?

PRP is prepared with a small amount of blood taken from the patient. The blood is then processed in a special centrifuge that automatically produces PRP with an increased concentration of platelets and growth factors up to 500%.

The concentrated platelets found in PRP contain huge reservoirs of bio-active proteins, including a high growth factor count that is vital to initiate and accelerate the repair and regeneration of the damaged joint, bone, tendon and ligament tissues regenerate and new blood vessels are developed.

When this PRP is injected into the damaged area, it stimulates the tendons or ligaments by creating mild inflammation that triggers the healing process; development of collagen production begins shortly after. As this collagen matures, it begins to shrink causing the tightening and strengthening of the ligaments or tendons of the damaged area.



PRP in Sports Medicine

In recent years, PRP has spread across the sports medicine community. Tiger Woods was reported to have undergone this procedure during his recovery in 2010 from knee surgery. Pittsburgh Steeler, Hines Ward, was able to play in the 2009 Super Bowl just two weeks after suffering a sprained knee, which he credited his PRP treatment for quick healing. Several injured MLB players have also turned to this intriguing injury treatment which has shown quick results among some of the best athletes in professional sports.

How does this compare to cortisone?

Cortisone does the opposite of PRP, it causes the tissues to thin and become weaker. It temporarily reduces inflammation and discomfort but does not promote healing. PRP on the other hand, causes the tendons and ligaments to thicken and strengthen by temporarily increasing inflammation.

PRP is better than Steroid Injection

PRP vs. Steroid injections was compared in a tennis elbow prospective randomized study on the effect of autologous platelets injection. The outcome after 24 and 52 weeks showed the cortisone group did not maintain significantly low pain scores, but the PRP group remained low in pain scores. The conclusion was injection of PRP has a positive effect as a treatment for lateral epicondylitis (tennis elbow). The effect actually exceeds the effect of corticosteroids, which was known as the golden standard. It is therefore a worthy alternative to steroidal injections and surgical treatment.

The Benefits

Patients are able to see results quickly. They experience a significant decrease in pain. PRP offers patients an alternative to more aggressive treatments, such as long term medication and surgery with the goal of restoring full mobility and function.

After Care Protocol

Patients are restricted from the use of anti-inflammatory drugs during the treatment process. At first, patients may experience localized soreness and discomfort which may be quite intense. If this occurs, patients are able to take extra strength Tylenol which should make the patient more comfortable. Physical Therapy is often recommended to help strengthen muscle.

Treatment Plan

Recovery varies with each individual. Most patients require 1-3 injections, however, some require as many as 6 sets of injections. Improvement is felt by most after the first treatment. Appointments will be scheduled every 4-6 weeks for injections. There is no limit to the number of treatments you can have.

