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**PLATELET-RICH PLASMA THERAPY OFFERS
PROMISING TREATMENT FOR SPORTS-RELATED INJURIES**

***New Patient Care Option available at the Department of Orthopedics and Sports
Rehabilitation at Beth Israel Medical Center***

New York, NY (March 23, 2010) Imagine treating a sports injury like tennis elbow or knee tendinitis by using your own blood platelets? That is what doctors in the Department of Orthopedics and Sports Rehabilitation at Beth Israel Medical Center are offering to patients – platelet rich plasma therapy (PRP), a promising treatment for sports related injuries.

Robert Gotlin, D.O., Director of Orthopedics and Sports Rehabilitation at Beth Israel says, “What is wonderful about this outpatient procedure is that it is non-surgical and a patient can use his/her own blood cells to help the injured area heal, with a much quicker recovery time and a quicker return to an active lifestyle.”

About the Platelet Rich Plasma Therapy Procedure:

Platelet Rich Plasma Therapy is performed as an outpatient procedure, with no local anesthetic or sedation needed. A small amount of blood is withdrawn from the patient’s arm. The blood is then placed in a centrifuge (a filtration system) that spins the blood for about 15 minutes, removing the unwanted components of blood that are not primarily responsible for healing. What remains is an increased concentration of up to three to 10 times above the normal level of platelets, which are rich in healing properties.

Next, the area of injury is properly identified and marked. The patient’s blood is re-injected directly into the injured area, which catalyzes the body’s instincts to repair

muscle, bone and other tissue. The injection process takes about 20-30 minutes from start to finish. The patient rests afterwards for a few minutes and then sent home. Increased pain may result for approximately seven days following the injection; this is not uncommon. Pain can usually be easily controlled with analgesic medication.

A follow-up visit is usually required two to three weeks, at which time it will be determined if a second injection is required. Patients are encouraged to participate in physical therapy following the injection which enhances recovery.

If you would like to learn more about PRP or to set up an appointment with Dr. Gotlin to see if you might be a good candidate for platelet-rich plasma therapy, please call 646-935-2244.

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