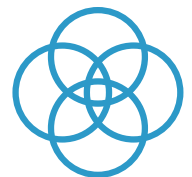
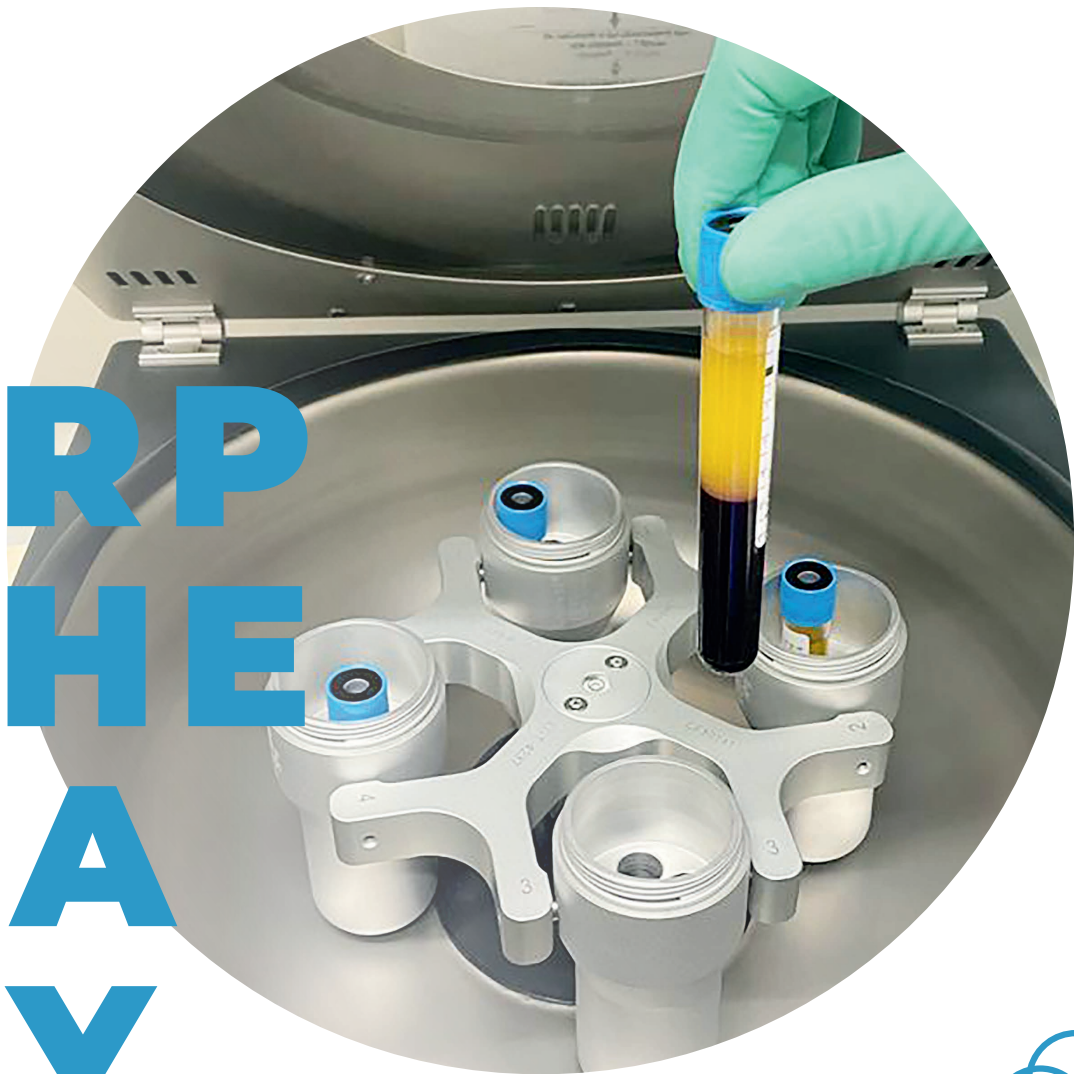


PRP THERAPY

PRP THERAPY



ORTHOPÄDISCHE &
UNFALLCHIRURGISCHE PRAXIS
BARTSCH & TAHERI

WHAT IS PRP THERAPY?

In the musculoskeletal system, it is mainly the joints, tendons, ligaments and muscles that can show various changes. In the case of acute injuries or damage due to chronic, mechanical overload, the body then activates a variety of regenerative mechanisms to heal the tissue. This process can be disrupted, especially in the case of prolonged conditions.

Platelet-Rich Plasma (PRP), or autologous blood therapy, is obtained from a blood sample that is centrifuged to produce a concentration of platelets. The activation of these platelets induces a large number of proteins such as growth factors and anti-inflammatory agents. These have a strong positive effect on regeneration and the healing process. The anabolic, i.e. restorative effect, leads to a clear acceleration of the holistic therapy (physiotherapy, relief) in the short and medium term and provides directional support. The increasing experience with this technique over the last 15 years shows the resounding success of working with the body's own defences.

USED FOR

In addition to accidental damage, it is mainly incorrect or excessive strain that leads to changes in the tissue. PRP therapy has proven effective for tissue regeneration and anti-inflammation in the following problems:

- Arthrosis of the large joints (hip, knee, ankle, shoulder, elbow)
- Tendonitis (e.g. trochanteric bursitis, GTPS, partial tears of the Achilles tendon, tennis and golfer's elbow, heel pain/plantar tendon fasciitis)
- Tendon damage (e.g. patellar tendon syndrome/jumper's knee)
- Muscle injuries



PLATELET-
RICH-
PLASMA



MUSCLES



JOINTS &
LIGAMENTS



TENDONS

HOW DOES THE TREATMENT WORK?

First, blood is taken from the patient via a vein (approx. 15 ml). Then, after thorough centrifugation (approx. 10 min), it is divided into its liquid and solid components. The activation of the thrombocytes induces the release of a high number of mediators (messenger substances) from the platelet granules, which contain up to 800 protein components. Growth factors and anti-inflammatory components, which cannot be found in such high numbers in the region (joint, tendon insertion, muscle), reach the injured or inflamed region through the injection to speed up the healing process.

The treatment takes about 20 minutes. We recommend a series of 3–5 injections over a period of approx. 3–5 weeks (once a week).

“The injected plasma contains a large number of proteins such as growth factors and anti-inflammatory active substances, which have a strong positive effect on regeneration and the healing process.”

3–5
INJECTIONS



WHO PAYS THE COSTS?

Autologous blood therapy is not part of the catalogue of services and is not or rarely covered by statutory or private health insurance. Find out in advance whether your health insurance covers this service.

YOUR **APPOINTMENTS**

Placeholder for appointment details, consisting of five horizontal grey bars.

REGENERATION
FOR JOINTS,
TENDONS,
LIGAMENTS &
MUSCLES!

**ORTHOPÄDISCHE &
UNFALLCHIRURGISCHE PRAXIS**

**DR. MED. MARTIN BARTSCH &
DR. MED. POURIA TAHERI**

Markgrafenstraße 20
10969 Berlin

FON (030) 251 07 77
FAX (030) 251 10 49
MAIL info@orthopaedie-berlin-kreuzberg.de

