



## What conditions are treated with Platelet Rich Plasma?

- Sports Injuries
- Arthritic joints
- Lower back and neck pain
- Degenerative disc disease
- Tennis elbow
- Carpal Tunnel Syndrome
- ACL tears
- Shin Splints
- Rotator Cuff tears
- Plantar Fasciitis
- Iliotibial band syndrome

## Also has marked results in:

- Wound healing

## What are the potential benefits of PRP Therapy?

Patients can see a significant improvement and reduction in symptoms including:

- + Pain
- + Inflammation

This may eliminate the need for aggressive treatments such as:

- + Long term medication
- + Surgery

Dr. Kraucak remains dedicated to bridging the gap between clinical medicine and complimentary therapies to promote the body's natural healing mechanisms.

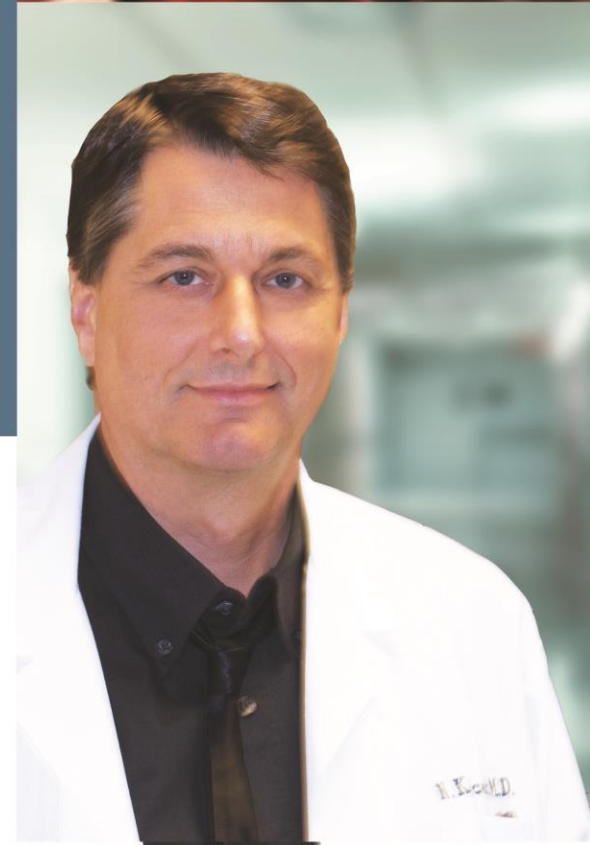


**Healthcare Partners**  
A Holistic Medical Practice

**REGENERATIVE  
THERAPY**

**Platelet Rich  
Plasma (PRP)**

for damaged  
joints, tissues, and cartilage



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## PLATELET RICH PLASMA THERAPY (PRP)

IN PRP THE GOAL IS TO RESOLVE PAIN THROUGH HEALING. CHRONIC PAIN IS DEFINED AS PAIN THAT PERSISTS LONGER THAN THE TEMPORAL COURSE OF NATURAL HEALING, ASSOCIATED WITH A PARTICULAR TYPE OF INJURY OR DISEASE PROCESS. CHRONIC PAIN FROM OVER USE INJURIES, ON THE OTHER HAND, TEND TO HAVE SUBTLE OR VAGUE SYMPTOMS THAT DEVELOP SLOWLY.

WHAT BEGINS AS A SMALL, NAGGING ACHE OR PAIN, CAN GROW INTO A DEBILITATING INJURY IF IT ISN'T RECOGNIZED AND TREATED EARLY.



*Important Notice: Patients should not be on any anti-inflammatory medications (prescription or otherwise) at least 2-3 days before and after each treatment.*

### WHAT IS PRP?

Platelet Rich Plasma or PRP, is blood plasma with concentrated platelets. The concentrated platelets found in PRP contain huge reservoirs of bioactive proteins, including growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing, bone regeneration and repair, promote development of new blood vessels, and stimulate the wound healing process. PRP is an alternative to invasive orthopedic surgery and joint replacement.

**NOTE: No guarantees or warranties concerning outcomes are herein made or implied.**

### HOW DOES PRP THERAPY WORK?

To prepare PRP, a small amount of blood is taken from the patient. The blood is then placed in a centrifuge. The centrifuge spins for 15 minutes and separates the blood producing the PRP. This increases the concentration of platelets and growth factors 7-9 times above base line levels.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing "good" inflammation that triggers the healing cascade. As a result, new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.



## AVOID JOINT SURGERY! Get Back to Doing the Things You Love!

HEALTHCARE PARTNERS OFFERS PRP

## PLATELET RICH PLASMA IS:

- SAFE
- EFFECTIVE
- NATURAL
- NON-SURGICAL
- OFFICE-BASED
- CONVENIENT
- AFFORDABLE

### HOW MANY TREATMENTS?

While responses to treatment vary, most people will require three to six injections. Each set of treatments is spaced approximately two to three weeks apart. There is no limit to the number of treatments you can have. PRP is not covered by insurance.

### IS PRP RIGHT FOR ME?

If you have a tendon or ligament injury and traditional methods have not provided relief, then PRP therapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissues with minimal scarring and alleviates further degeneration of tissues.

### HOW SOON CAN I GO BACK TO REGULAR PHYSICAL ACTIVITIES?

PRP therapy helps regenerate tendons and ligaments but it is not a quick fix. Initial improvement may be seen within a few weeks, gradually increasing as the healing progresses. Through regular visits, your doctor will determine when you are able to resume regular physical activities.

Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process.