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ACP (PRP) Injection

Autologous Conditioned Plasma

Autologous Conditioned Plasma (ACP), also known as **Platelet Rich Plasma** (PRP) Injections for the treatment of *difficult* chronic Tendonitis around the hand and foot as well as Tennis Elbow (Epicondylitis), Achilles Tendonitis Patellar Tendonitis. These types of tissue have limited blood supply so they heal slowly. In most instances these are areas where steroid injections have been marginally effective or contra-indicated.

What is Autologous Conditioned Plasma (ACP)?

ACP is formulated by drawing a small amount (@10ML) of the patient's own blood and spinning it in a centrifuge for 5 minutes. This separates the red and the white blood cells leaving a solution containing the concentrated platelets. This solution contains an average of 2 to 5 the number of platelets and 2 to 25 times the amount of various growth factors that the same amount of the patient's whole blood.

After an injury, the body rushes many types of cells including platelets to the injured area. This solution containing concentrated growth factors, initiates and accelerates wound healing. Studies that have been done on patients after ACP injection suggest a facilitated healing response resulting from the introduction of the greater amount of growth factors into the damage tissue.

What is the treatment process?

After the reduction process described above, the plasma containing platelets with growth factors is injected into the injured tissue. A local anesthetic is used if necessary. The entire process takes less than 45 minutes including drawing the patient's blood centrifuging it and then injecting the plasma portion into the injured site.

What happens afterward?

The patient can expect some soreness for about 48 hours following the injection. Mild analgesic medication such as acetaminophen (Tylenol) with or without codeine can be used to treat discomfort.

NON-Steroidal anti-inflammatory medications are prohibited for one week afterward as they interfere with the action of the ACP.

A follow up appointment will be made with the physician for after the injection.

It is recommended that the physical activity involving the affected limb be limited for 24-hours.

A stretching program directed by a Physical Therapist should be followed for two weeks. Four weeks post-injection, the patient may return to recreational activity and sports as tolerated.

Improvement over several months is anticipated as the tissue heals in response to the stimulus from the growth factors.

Is it safe?

No ill effects have been reported in any of the many studies executed. This process uses the patient's own blood thereby eliminating any chance of rejection response and minimizes the likelihood of infection

Does it work?

The PRP injections have been used in many studies as well as on professional athletes. Patients have reported an average of 60% pain reduction after 8-weeks and 81% improvement after 6-months