

HEALING HELP

You don't need superpowers to achieve accelerated bone and soft tissue healing. Platelet-Rich Plasma is the new breakthrough for the treatment of sports related injuries.

Many sports related injuries involve microscopic tearing of the tendon and formation of scar tissue. A reason why it is difficult to heal tendon injuries is because of the general poor supply of blood to the region. When the affected region experiences microscopic tears or chronic scarring, the body has a difficult time healing it. The theory is that the body cannot get enough of these healing or growth factors to the area on its own, especially so as we get older.

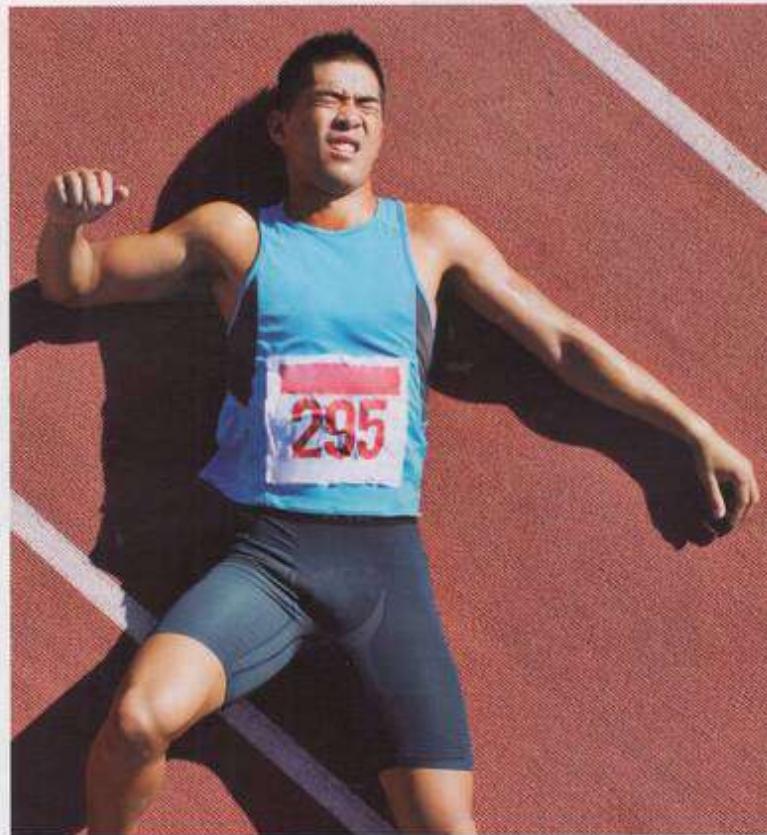
Platelet-Rich Plasma (PRP) works by enhancing the availability of growth factors to allow the body to heal faster. PRP is made up of a concentrate of the patient's platelets, drawn and processed from a sample of the patient's own blood. This concentrate is then prepared as an injection for use to treat the sport injury by stimulating bone and soft tissue healing.

PRP is useful for a variety of sports or musculoskeletal injuries. Examples include:

- *Tendon injuries such as tennis elbow, shoulder tendinosis and rotator cuff tears, and Achilles tendonitis.*
- *Muscle strain and tears, e.g. in the calf or hamstring muscles.*
- *Degenerative joint conditions, such as osteoarthritis of the knees, particularly in earlier stages when cartilage is not completely worn down.*
- *Ligament sprains, such as ankle sprain.*
- *Augmentation of healing in certain types of surgery such as tendon repairs or cartilage repair.*
- *Augmentation of fracture (bone) healing.*

In theory, virtually anyone with an injury described above may benefit. In practice, however, PRP tends to be done more commonly on adults, as children naturally heal faster from injuries.

Compared to traditional methods of sports injury treatments, PRP addresses tissue healing. Traditional measures are centred on control of pain and inflammation, biomechanical corrections, functional or sports rehabilitation, and training and preventive interventions. PRP provides the possibility of quicker tissue



healing and is an important addition to the existing measures available.

With three years of experience, Sports Medicine International is one of the forerunners of PRP treatments in Singapore with experience in treating a variety of sports and musculoskeletal injuries. They pride themselves on clinical accuracy and on their holistic approach towards treatments.

CLINICAL ACCURACY

Much attention is paid to ensure that the diagnosis and indication for PRP is appropriate. Accuracy of PRP injections is enhanced through real-time ultrasound guidance of the needle to the intended target area.

HOLISTIC APPROACH

PRP is not viewed as an "end-all" solution for any sport or musculoskeletal problem. A holistic approach will be adopted in the diagnosis and management of all cases, targeting the cause of injury and pain, as well as tissue healing.

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