

## WHAT ARE THE BENEFITS OF PRP TREATMENT?

PATIENTS WILL SEE SIGNIFICANT IMPROVEMENTS IN SYMPTOMS; A RETURN OF FUNCTION AND MOBILITY; AND THE NEED FOR TRADITIONAL TREATMENT SUCH AS MEDICATIONS, CORTISONE INJECTIONS AND EVEN SURGERY ARE ELIMINATED.

## IS PRP RIGHT FOR ME?

PATIENTS SHOULD CONSIDER PRP TREATMENT IF THEY HAVE BEEN DIAGNOSED WITH ANY OF THE FOLLOWING: TENNIS ELBOW, GOLFER'S ELBOW, KNEE TENDINOPATHY, ROTATOR CUFF TEARS, ACHILLES TENDINOPATHY, PLANTAR FASCIITIS, OR OSTEOARTHRITIS.

### PRICES

Consultation with the doctor

\$50.00

1 joint, including consultation

\$205.00

Each additional joint

\$50.00

Prolotherapy

\$50.00

Please note, these fees are not rebatable through Medicare.

### NORTH COBURG MEDICAL CENTRE & NORTH WEST PRP CLINIC



Ph: 03 9354 1186  
Fax: 03 9354 6596



[www.northcoburgmedicalcentre.com.au](http://www.northcoburgmedicalcentre.com.au)



[reception@northcoburgmedicalcentre.com.au](mailto:reception@northcoburgmedicalcentre.com.au)

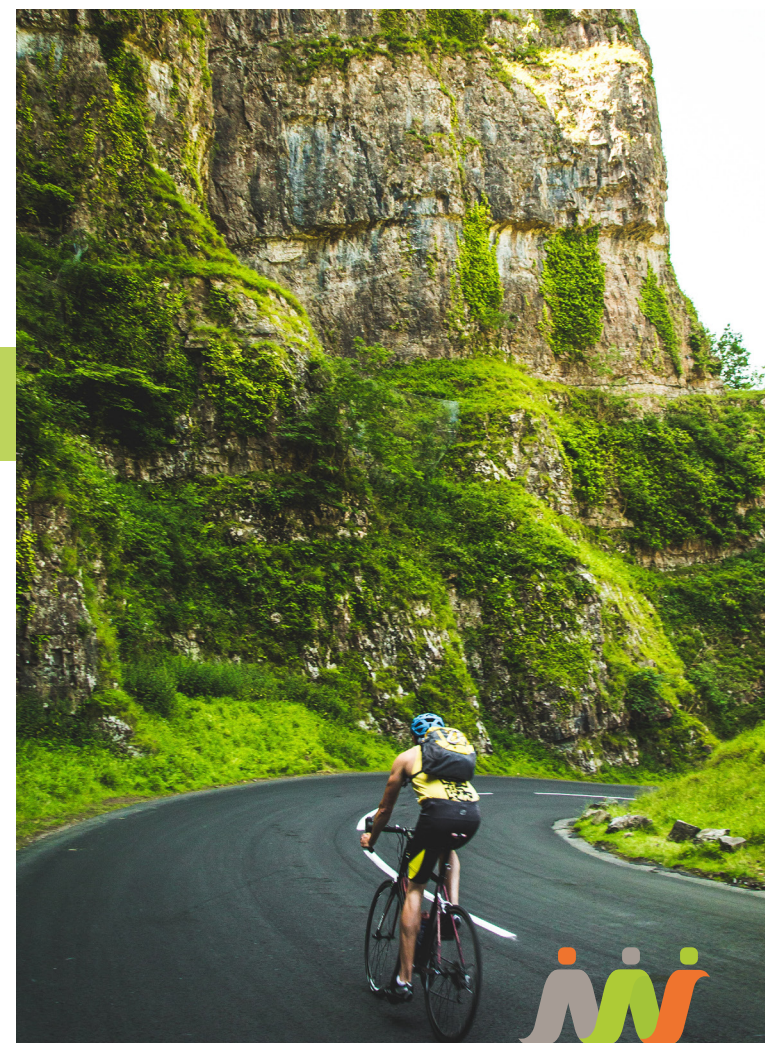


Level 1, 11-17 Orvieto Street,  
North Coburg, 3058

A patient guide:

## PRP & Prolotherapy

Non-Surgical Therapy for  
Musculoskeletal Injuries & Pain



North Coburg Medical Centre

### WHAT IS PLATELET RICH PLASMA THERAPY?

Platelet Rich Plasma Therapy (PRP) is a completely safe and revolutionary treatment that relieves pain by promoting long lasting healing of musculoskeletal conditions such as joint, cartilage, tendon and ligament injuries.

PRP harnesses the body's natural ability to heal by using our own blood which contains platelets (cells designed to heal injuries). By extracting, concentrating and injecting platelets into injured tissue, we can facilitate healing and eliminate pain.

### PRP AND SPORT

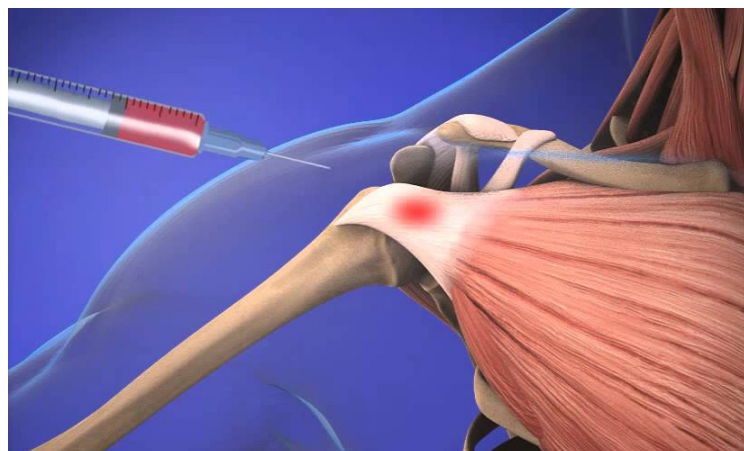
It has been used to treat professional athletes for years including Rafael Nadal, Cristiano Ronaldo, Kobe Bryant, Tiger Woods and many NBA, MLB Baseball, and NFL Football players.

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**MANY ATHLETES SUFFER FROM OSTEOARTHRITIS OF THE KNEES. EARLY USE OF PRP PROVE THAT IT IS FAR MORE EFFECTIVE THAN OTHER FORMS OF TREATMENT FOR OSTEOARTHRITIS, WHILE OFFERING A MUCH SHORTER RECOVERY TIME WHEN COMPARED TO SURGICAL ALTERNATIVES.**

### HOW DOES THE PROCEDURE WORK?

The procedure takes about 60 minutes and is performed in our clinic. Using the patient's own blood, specially prepared plasma is taken and then re-injected into the affected area. The injury site is cleansed and numbed with a local anesthetic. The platelets release substances known as "growth factors" that lead to tissue healing and begin the healing process within minutes.



### HOW DO I PREPARE FOR PRP TREATMENT?

Patients should schedule an initial assessment to determine if PRP is a suitable option. Please bring any blood tests, X-rays, MRI or ultrasound reports, rheumatoid arthritis and gout tests to this appointment.

In the days preceding your treatment, avoid smoking and drinking alcohol excessively, and on the day of treatment drink lots of water, and do not consume and caffeine or alcohol. Do not take any anti-inflammatories 2 days before or after the treatment as this may limit the benefits.

Notify the doctor if you are allergic to lidocaine or buicaine (marcaine).

### AFTER TREATMENT ADVISE

Initially, the procedure may cause some localised pain and swelling. Patients are advised to rest and use ice for any swelling that may occur within the first 48 hours.

Painkillers are allowed, as long as taken safely and as advised by the doctor.

### WHEN CAN I START PHYSICAL ACTIVITY?

Low impact exercises are recommended during the PRP treatment to promote the return of strength and mobility. High impact exercises like running, skipping and jumping should be avoided during this time.

Most people resume normal activities within the week, however complete healing may take up to 3 months after the complete course.