

ORTHOBIOLOGICS IN THE KNEE

Platelet Rich Plasma (PRP) and Alpha-2-Macroglobulin (A2M)

WHAT IS PRP?

Platelet Rich Plasma (PRP) treatments use concentrated growth factors from your blood that are injected into the area of injury. You will not feel pain relief right away, and you will likely experience an increase in discomfort after the procedure. **This typically only lasts for a couple of days, but can take up to two weeks to subside.**

Joints can take **6 weeks** to start feeling better and tendons can take **8 weeks** to start feeling better.

WHAT DO I NEED TO PREPARE FOR PRP AND A2M INJECTIONS?

- Bring a driver
- Stop anti-inflammatory medications one week before the injection
- Bring DME (durable medical equipment) such as: crutches, walking boot, etc.
- Drink lots of water 48 hours prior to your injection

KNEE PAIN REDUCTION RESULTS PRP

Patients experienced a steady decline in pain levels throughout the 12-month treatment period. Using the Numeric Pain Rating Scale (0-10, where lower is better), average pain scores dropped to 2.76/10 at the 12-month mark—representing a 40% reduction in pain.

Starting pain level: 4.61

Pain after 12 months: 2.76



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MORE ABOUT
ORTHOBIOLOGICS

WHAT IS A2M?

Alpha-2-Macroglobulin is a protein that is found in your blood that can help stop the inflammatory and cartilage degradation pathways that cause joint pain and progression of arthritis. The desired high concentration of the A2M protein is obtained after a standard blood draw through a centrifuge and filtering process. After, the product with a high concentration of A2M is injected under ultrasound guidance in the area of injury.

You may have discomfort for a few days following the procedure, but pain usually begins to subside within **2 weeks** after the injection.

ACTIVITY RESTRICTIONS FOR PRP AND A2M

- Do not submerge the injection site for the **first 48 hours** following injection. You may shower but no baths or hot tubs where the site would be completely submerged by water.
- Please discuss possible work/activity restrictions prior to the procedure.
- Rest the area for the first 2-3 days.
- No excessive activity for the first 2 weeks.
- Physical therapy will begin 1-2 weeks after injection

KNEE PAIN REDUCTION RESULTS A2M

Patients experienced a steady decline in pain levels throughout the 12-month treatment period. Using the Numeric Pain Rating Scale (0-10, where lower is better), averaging pain scores dropped to 2.78/10 at the 12-month mark—representing a 40% reduction in pain.

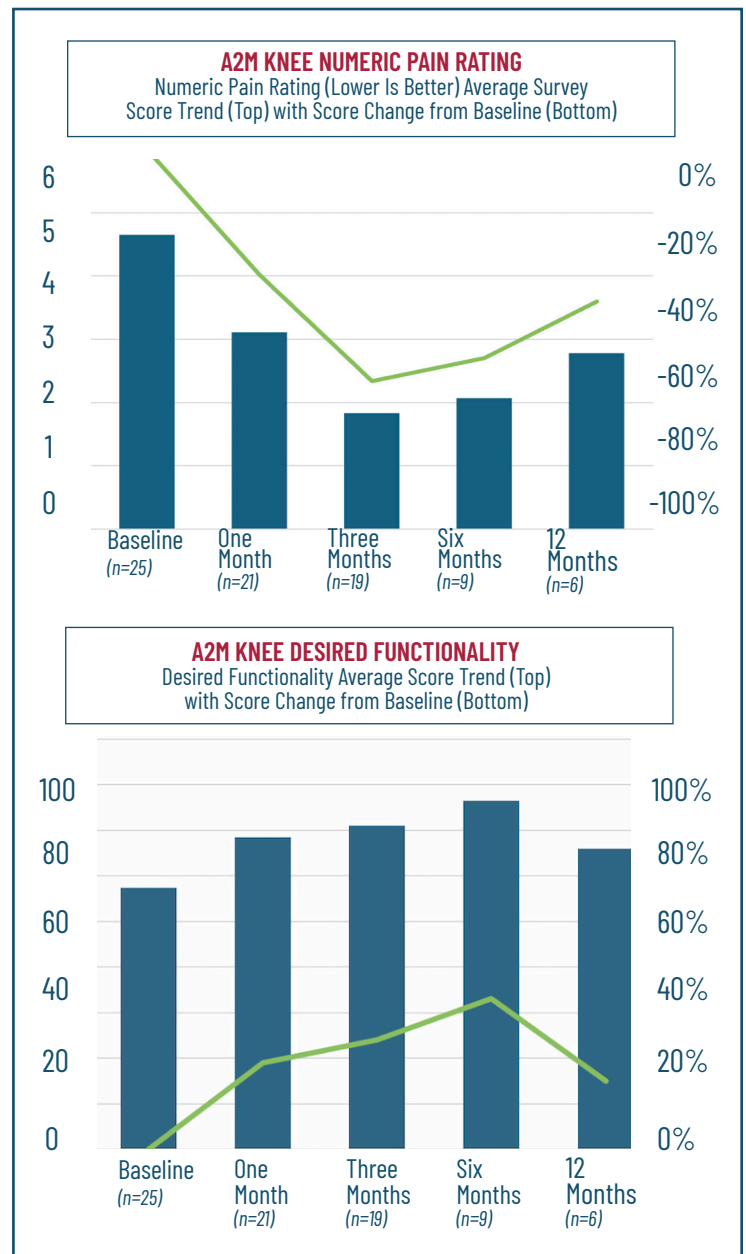
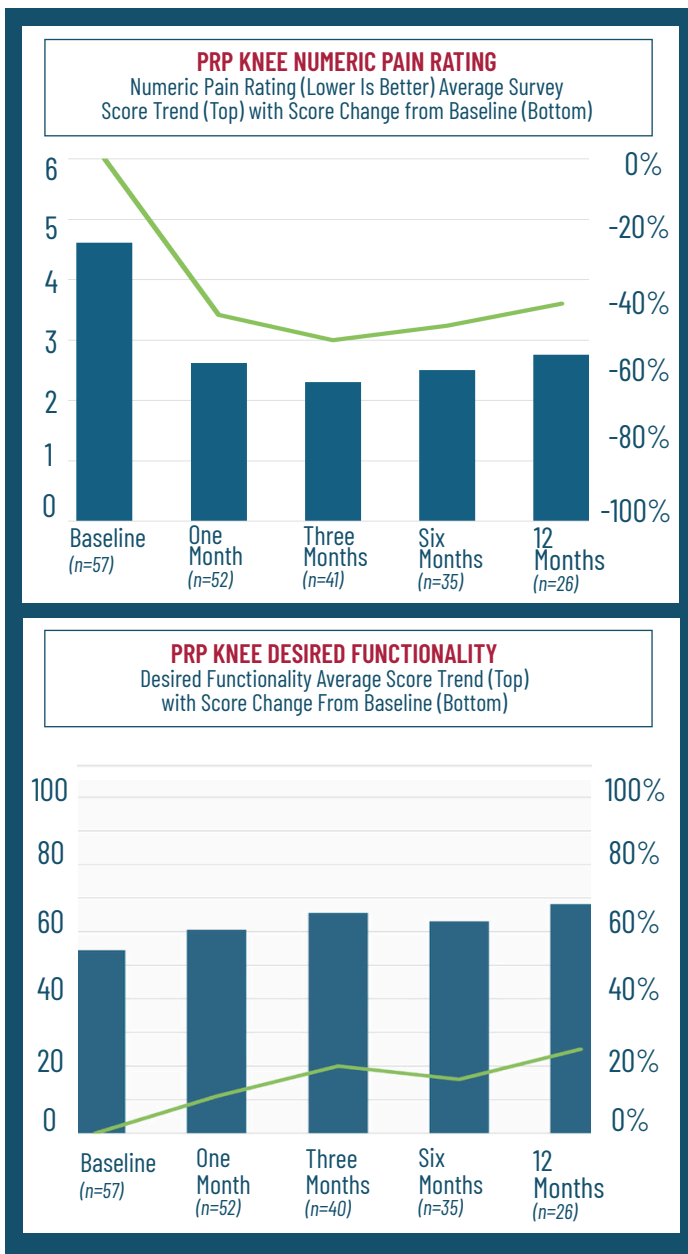
Starting pain level: 4.65

Pain after 12 months: 2.78

Overall pain decrease: 40%

PRP, A2M and other orthobiologic injections are not covered by insurance. They are not FDA approved. Individual results vary.

For questions or concerns, please contact Andrea Sulavik at 317.419.6935 or Tara Lindley at 317.708.6856.



"I **highly recommend** the PRP. It has taken away much of my pain and made me feel young again. It's also allowed me to run more easily."

- PRP Patient

"I am **extremely happy** to have had both knees injected involving the A2M procedure. I am again looking forward to having another injection in my left knee which will help me to have a great recovery."

- A2M Patient

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