

JOINT INJECTION CLINIC

Dr Rahman is providing following services of joint pain health issues and he is accepting of referrals for Joint Pain Clinic. Joint Injections as follows (ultrasound guided and maximum precaution)

- PRP Treatment – for tendinosis, mild to moderate arthritis, partial tears
- Ultra Sound Guided Aspirations - of bursa and cysts
- Synvisc / orthovisc – for moderate to severe arthritis
- Cortisone Injections - for mild to moderate
- Consultations

Platelet Rich Plasma (PRP) Therapy & Ultrasound Guided Injections

PRP is a holistic treatment available to the public and no longer reserved for athletes. Ultrasound guided injections can treat tendonitis of all major joints (shoulders, hips, knees, and ankles), guide baker's cyst aspirations, and breakdown calcification around tendons using steroids



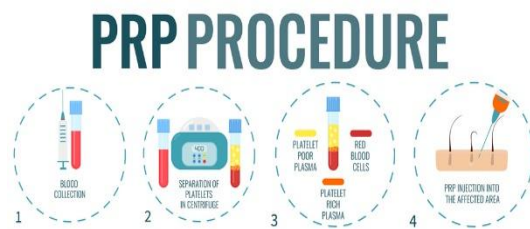
Your body's own ability to regenerate can treat chronic pain, osteoarthritis, and tendon injuries using ultrasound guided injections.

1. Blood Collection



PRP Therapy Process

Our clinic can provide the completion of the PRP treatment in about 30 mins. A minor amount of blood (10-20 cc) is drawn from the patient and then centrifuged to separate the platelet rich plasma from the red blood cells of the body. Then, the PRP is injected back into the patient's body by the physician at the location of the damaged joint, tendon, or cartilage. An ultrasound may be used to guide the physician for better accuracy and overall safety.



For best outcomes, it is suggested by most orthopedic and sports medicine specialists that major joints (the hip, shoulder, or knee) receive a monthly PRP injection for 2-3 months.

2. Centrifuge to Separate PRP



Platelets (thrombocytes) in your blood stream work to create blood clots when needed to help heal your body. They also release many **growth factors (GF)** when this occurs, and PRP takes advantage of this natural healing process. Concentrating the platelets into platelet rich plasma also increases the growth factors your body receives, leading to faster healing. Overall, growth factors play a key role in repairing and healing damaged tissue.

What Can PRP Therapy Treat?

- Plantar fasciitis (heel spurs)
- Ankle sprains and Achilles tendonitis
- Knee meniscal tears
- Knee and hip bursitis
- Hamstring and hip strains
- Tennis and golfer's elbow
- Frozen shoulder
- Shoulder rotator cuff and labrum tears
- Knee, Hip, & Shoulder osteoarthritis

3. PRP Is Ready for Use



PRP Therapy Preparations

A consult is required for the patient to be determined eligible for PRP Therapy. Situations in which the patient may be deemed unfit include pregnancy, low platelet counts or anemia, active cancer or other conditions that affects the immune system, and the intake of oral steroids or blood thinners (Warfarin, Plavix, Xarelto, Pradaxa, Eliquis).

Anti-inflammatory medications (Naproxen, Aleve, Ibuprofen, Celebrex, or Toradol) must be discontinued 1-2 weeks prior to treatment. Water intake should be increased.

After the procedure, ice should be frequently applied for the following days and strenuous activity should be avoided. Complete healing should be achieved in 4-6 months.

Frequently Asked Questions

What is Platelet Rich Plasma?

Platelets are small plate-shaped cell fragments found within the blood which are responsible for healing damaged blood vessels. The process of extracting plasma from the blood ensures a serum **rich** with platelets and the power to heal various injuries.

Why Choose PRP?

- ☑ **Safe** - PRP is native to the patient's body and extracted from their blood
- ☑ **Natural** - PRP Therapy uses the body's natural ability to heal and its own resources, nothing foreign
- ☑ **Convenient** - Our clinic offers the treatment to be completed within 30 mins
- ☑ **Effective** - PRP Therapy can replace invasive treatments and continued medications, possibly providing strong benefits

What are the Side-Effects of PRP?

PRP Therapy rarely produces harmful side-effects, but some risks include bleeding, infection, post-injection pain, and little improvement post-treatment. However, these complications are very uncommon.

Pricing

Assessments in our clinic are covered by OHIP. PRP therapy and ultrasound guided injections are not covered by OHIP. Please contact us for pricing details.