

# PRP THERAPY & HBOT

## What is PRP Therapy?

Platelet-Rich Plasma (PRP) therapy, is a non-surgical treatment that uses a patient's own blood components to stimulate healing in damaged tissues. When you suffer an injury or tissue damage, your body recruits platelets and white blood cells from the blood to initiate a healing response. Under normal conditions, platelets attract numerous growth factors which are released in response to signals from the injured tissue.

Modern technology allows us to concentrate platelets and white blood cells from your blood, and induce this growth factor release as the solution is injected directly into injured tissue, stimulating a more powerful healing response. By enhancing the body's natural healing capacity, PRP can be a powerful surgical alternative, leading to a more rapid, efficient, and thorough restoration of the tissue to a healthy state.

## What is HBO Therapy (HBOT)?

Hyperbaric Oxygen Therapy, commonly referred to as HBOT, is the use of 100% oxygen, under increased pressure, to preserve, repair, and enhance cellular function. The combination of pressure and 100% oxygen in a hyperbaric chamber super-saturates the blood plasma with oxygen to levels 1,200% greater than can be achieved under normal conditions.

During an HBOT session, stem cells are released and activated from the bone marrow, travelling to areas of injury through the blood plasma. HBOT also decreases inflammation, reduces swelling, reverses hypoxia, stimulates the creation of new blood vessels, and optimizes all stages of wound healing.

## Why Bring PRP Therapy and HBOT Together?

Each of these therapies alone stimulates healing, however, the combination of the two have a powerful synergistic effect. HBOT exponentially increases the number of stem cells in circulation while injected PRP attracts and delivers these stem cells to injured areas. This state-of-the-art combination of regenerative cellular therapies accelerates the healing response, leading to a more efficient and thorough restoration of tissue to a healthy state that is sustained for the long term. HBOT with PRP can also alleviate the achy or sore feeling that patients sometimes experience with PRP therapy.

- ✓ **By adding HBOT before and after each PRP injection, we increase the mobilization of stem cells and enhance the efficacy of the regenerative process.**
- ✓ **Don't mask the symptoms of an injury or chronic condition with a shot or pill when we can generate true repair and healing.**



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**MEDICAL**  
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## One-Of-A-Kind Protocol

Hyperbaric Medical Solutions has joined forces with Dr. Pradeep Albert of Medical Arts Radiology to create a one-of-a-kind protocol for the optimal delivery of PRP. The unique process of sandwiching PRP injections, in many instances done under ultrasound guidance, around HBOT treatments, is a cutting-edge approach only available through this new program.

## What to Expect

Each patient receives a formal evaluation and diagnostic workup for both PRP and HBOT. In this process, an individual treatment plan is determined, and all risks and benefits are addressed with the patient. The protocol generally consists of 3 rounds of HBOT + PRP + HBOT, but may vary based on injury or condition and its duration and severity.

### 3 Rounds, 4 weeks apart of the following:

- ✓ Day 1: 1 HBOT Session
- ✓ Day 2: 1 PRP Injection Under Ultrasound
- ✓ Day 3: 1 HBOT Session (can alternatively take place Day 2, following PRP)

### Total Appointments

- ✓ 1 PRP Consultation and Evaluation
- ✓ 1 HBOT Consultation and Clearance
- ✓ 3 PRP Injections (one every four weeks)
- ✓ 6 HBOT Sessions (two every four weeks; 1 before and 1 after PRP injection)

## What Conditions Can Be Treated With PRP?

- ✓ Knee Pain
- ✓ Tendon Injuries (Patellar Tendonitis, Quad Tendon)
- ✓ Muscle Injuries
- ✓ Ligament Sprains or Tears (MCL, LCL)
- ✓ Bursitis
- ✓ Osteoarthritis
- ✓ Hip Pain
- ✓ Muscle Pain or Injury
- ✓ Piriformis Syndrome
- ✓ Greater Trochanteric Bursitis
- ✓ Tendon Injuries
- ✓ Sacroiliac Joint Pain
- ✓ Hamstring Tendonitis or Tears
- ✓ Osteoarthritis
- ✓ Shoulder and Arm Pain
- ✓ Bicipital Tendonitis
- ✓ Shin Splints
- ✓ Medial and Lateral Epicondylitis (golfers & tennis elbow)
- ✓ Rotator Cuff Tendonitis, Tendinopathy or Partial Tears
- ✓ Lower Leg and Foot Pain
- ✓ Plantar Fasciitis
- ✓ Ulnar Collateral Ligament Sprain or Tear
- ✓ Peroneal Tendonitis
- ✓ Ankle Sprains / Ligament Injury
- ✓ Achilles Tendonitis or Partial Tears

*All appointments and treatment visits are performed under medical supervision. Results are not guaranteed.*

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