

Regenerative Medicine: Alternative Treatments to Manage Your Pain



prognosis. This led me to the emerging field of regenerative medicine.

I am very excited to be part of regenerative medicine as it continues to grow and improve the lives of patients. One regenerative medicine treatment option that I routinely use in my practice is platelet-rich plasma (PRP). PRP is the component of your blood that contains a complex composition of platelets, proteins, and growth factors that promote tissue repair. PRP provides the stimulus needed to attract and direct regenerative cells to injured, painful tissue.

I have a 54-year-old male patient who enjoys playing pickup games of basketball and working out on a regular basis. He had been dealing with shoulder pain for years. He had minor injuries and aches with his activities but recently had been experiencing a decline in his ability to play basketball and

workout. Using diagnostic ultrasound and a physical exam, I diagnosed him with a partial tear of two rotator cuff tendons, impingement, and mild osteoarthritis. His shoulder was causing enough pain to interfere with his life, but he wanted to avoid surgery. This patient had an excellent result with one PRP injection and now is back to his full workouts and basketball play without pain!

On the day of the procedure, the patient comes to the office to have his or her blood drawn. The blood is placed in a centrifuge and, based on the patient's specific treatment plan, it is processed, separating and concentrating the platelets from the other blood components. Then, PRP is injected using ultrasound guidance to deliver it to the targeted injured tissue. Ultrasound guidance is key to ensuring the best possible outcome.

Each individual patient's condition dictates the

"cocktail" of PRP that will provide the most effective solution to generate a strong healing response. At Kephart

Integrative Medicine, we are dedicated to helping people get back to the activities they love by offering PRP therapy.

Eric M. Kephart, DO practices integrative medicine at 403 Hyde Park in Doylestown. At Kephart Integrative Medicine, we work to empower our patients to enjoy a youthful, healthy, and satisfying lifestyle. We believe in forging relationships with our patients to better understand their health and wellness goals. This enables us to develop an effective plan that gets results. Call our office today to restore your health! (267) 406-4083.

As a sports medicine physician, I worked in a large orthopedic practice for 10 years. I treated many different patients including injured athletes, weekend warriors, and seniors with degenerative joint disease. I experienced all that traditional medicine had to offer as treatments for musculoskeletal pain. Then I learned there are alternative non-surgical treatments for most of the conditions I was treating that help patients have better outcomes, less downtime, and a better

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