

Your Opportunity to
Return to Activity
Faster!

Natural Help for Back Pain

ACP Therapy



For Back Pain



Most people are affected by back pain at least once in the course of their lives. Back pain generally falls into two categories: specific and nonspecific pain. Specific pain has a particular physical trigger, such as a herniated disc. Nonspecific pain cannot be attributed to clearly pathological physical changes. If the symptoms last more than 12 weeks, this is referred to as chronic back pain.

Risk Factors

- Lack of exercise
- Unilateral training with neglect of the back muscles
- Obesity
- Poor posture
- Stress

What Are the Causes?

The causes of back pain can vary widely. The back consists of different structures such as bones, muscles, ligaments, tendons, joints, nerves, intervertebral discs and the spine.

Each of these structures can be damaged by

- Incorrect or improper loading
- External trauma or
- Degenerative changes

Since all of these structures are connected to each other, the pain may also radiate to other areas of the back. Therefore it is necessary to find the exact cause of pain through a detailed diagnosis in order to prescribe optimal treatment.

Often affected:

- Vertebral joints – osteoarthritis¹
- Intervertebral discs – bulging, degeneration^{2,3}
- Muscles – tension
- Ligaments and tendons – microtears, sprains
- Sciatic nerve – nerve irritation⁴

How Does One Recognize These Injuries?

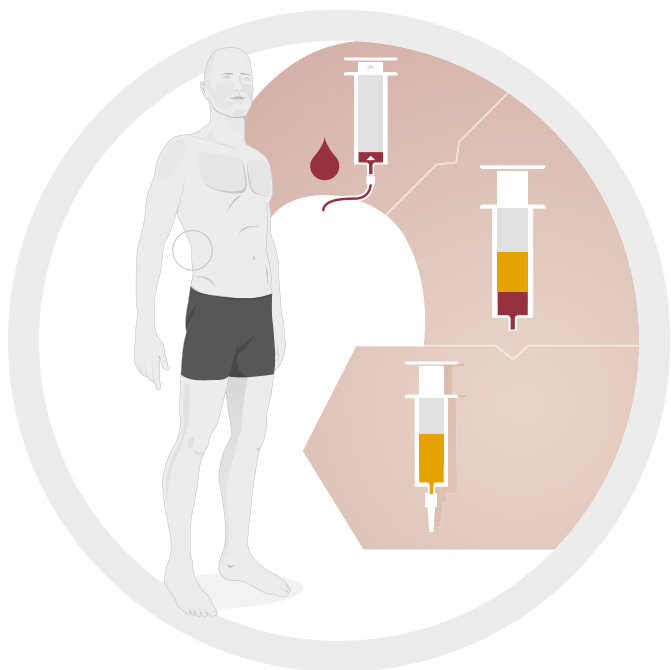
- Sudden sharp pain
- Sensitivity to pressure
- Loss of function
- Limited mobility of the joint
- Feeling of instability in the affected joint

Natural Therapy for Back Pain

Complex and well-regulated natural processes take place in the body during recovery. Special proteins – the so-called “growth factors” – are always present in the blood platelets and are involved in this recovery. Platelets are inactive in the bloodstream but become activated when injuries occur. They collect at the injured site and release these proteins, which in turn promote the healing process.⁵

ACP therapy is based on this principle. In ACP therapy, high concentrations of these special proteins are obtained and then injected into the body, utilizing the body’s own self-healing processes.

Depending on the type of injury, the form and frequency of administration of these proteins may vary. A personalized treatment plan will be designed that may include several injections in weekly intervals.



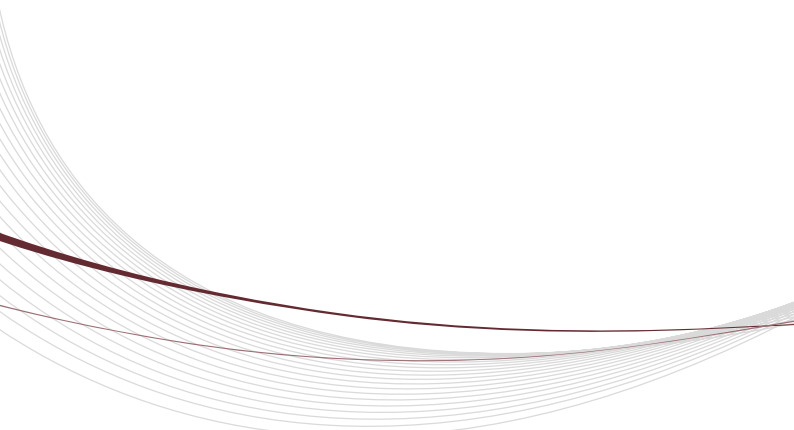
The Treatment Process

1. Blood is drawn from a vein in the arm
2. Separation process obtains the body's active substances (proteins) in concentrated form
3. These substances are injected into the affected region

Benefits of the Treatment

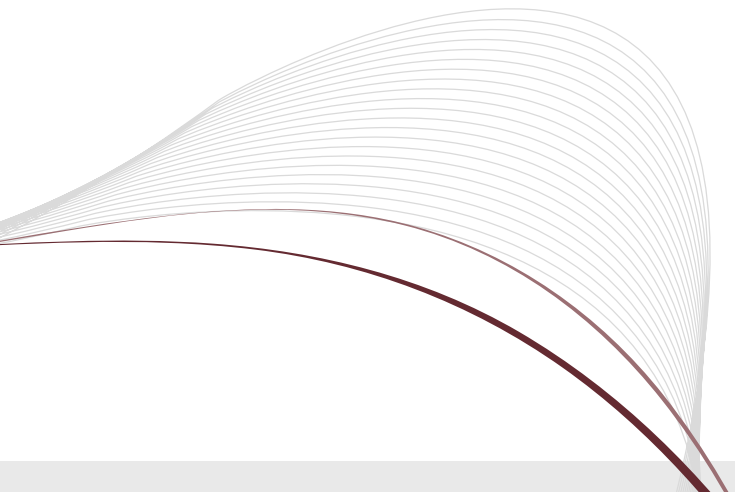
- Outpatient procedure
- Fast process (< 30 min.)
- Endogenous, biological agents with good tolerability
- Personalized treatment interval
- Customized to your needs

Studies

1. Wu J et al: A Prospective Study Comparing Platelet-Rich Plasma and Local Anesthetic (LA)/ Corticosteroid in Intra-Articular Injection for the Treatment of Lumbar Facet Joint Syndrome. *Pain Practice*, 2017;17(7):914-924
 2. Mohammed S et al: Platelet-rich plasma injections: an emerging therapy for chronic discongenic low back pain. *Journal of Spine Surgery*, 2018;4(1):115-122
 3. Tuakli-Wosornu Y et al: Lumbar Intradiskal Platelet-Rich Plasma (PRP) Injections: A Prospective, Double-Blind, Randomized Controlled Study. *PM&R*, 2016,8(1):1-10
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4. Singla V et al: Steroid vs. Platelet-Rich Plasma in Ultrasound-Guided Sacroiliac Joint Injection for Chronic Low Back Pain. *Pain Practice*, 2017;17(6):782-791
5. Mazzocca A et al: The positive effects of different platelet-rich plasma methods on human muscle, bone, and tendon cells. *The American Journal of Sports Medicine*. 2012; 40(8): 1 742 - 9

For information on the studies please contact your physician.



Do You Have Any Questions?

Your Physician Will Be Happy to Provide Further Information



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