

Your Opportunity to  
Return to Activity  
Faster!

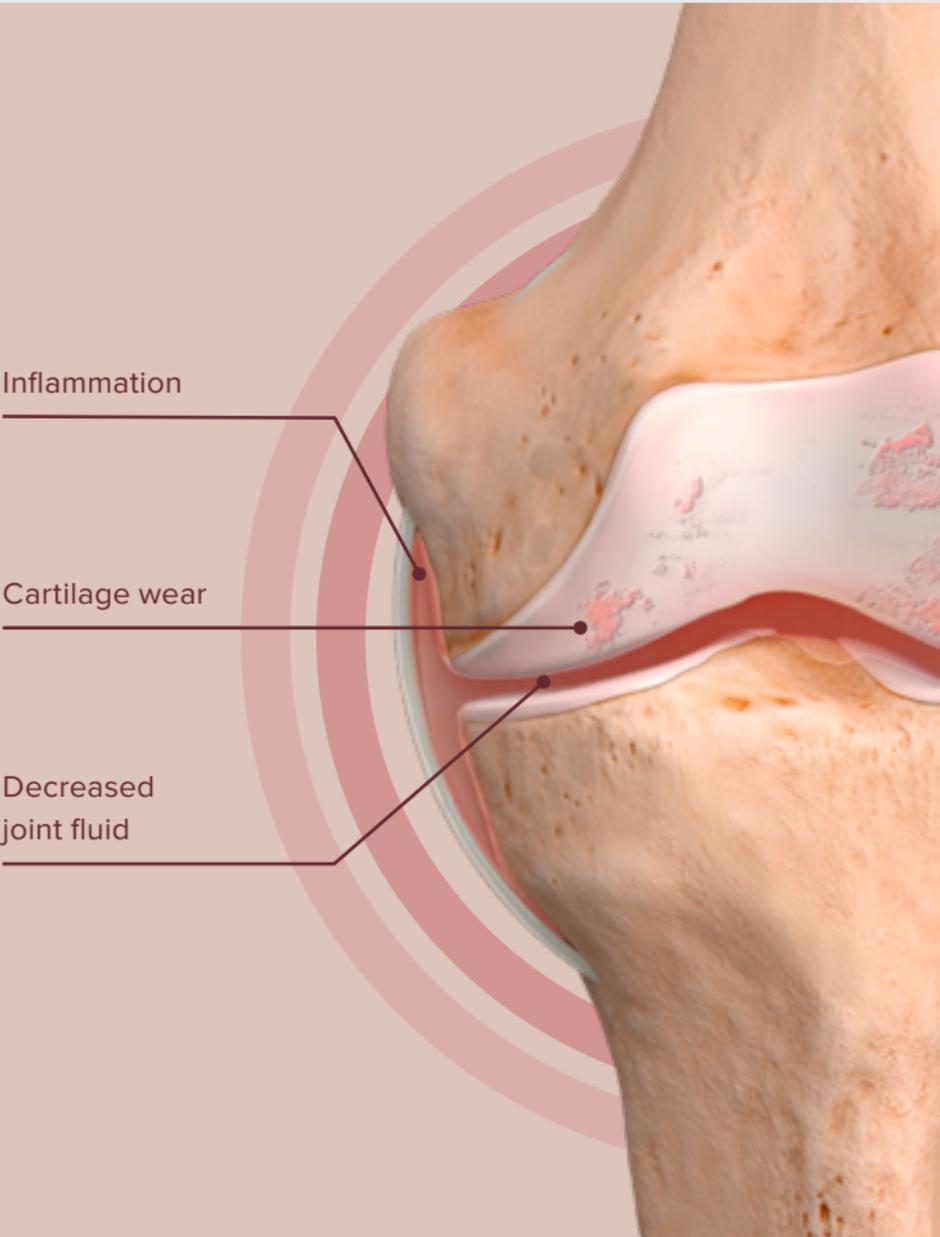
# Natural Help for Osteoarthritis and Joint Degeneration

ACP Therapy



## For Joint Pain

Osteoarthritis is the most common joint disease worldwide in which the cartilage at the joints becomes worn. The cartilage, together with the joint fluid, enables proper movement of the joint. If the cartilage or joint fluid is affected, this can lead to cartilage and joint damage which is very painful and impairs movement.



## Where and How Does Osteoarthritis Occur?

Osteoarthritis can be caused by a variety of factors:

- Joint inflammation
- Obesity
- Age
- Joint malalignment
- Severe joint stress (at work or during sports)
- Unhealthy lifestyle  
(alcohol, nicotine, lack of exercise)
- Hereditary causes
- After joint surgery

Often affected:

- Shoulder and elbow joint
- Thumb saddle and finger joints
- Vertebral joints
- Hip and knee joint
- Ankle and toe joints

## How Can Osteoarthritis Be Identified?

- Limited physical activity
- Unpleasant tugging in the joint
- Morning stiffness
- Discomfort when you start walking which subsides after a short walk
- Pain without weight-bearing which can turn into persistent pain

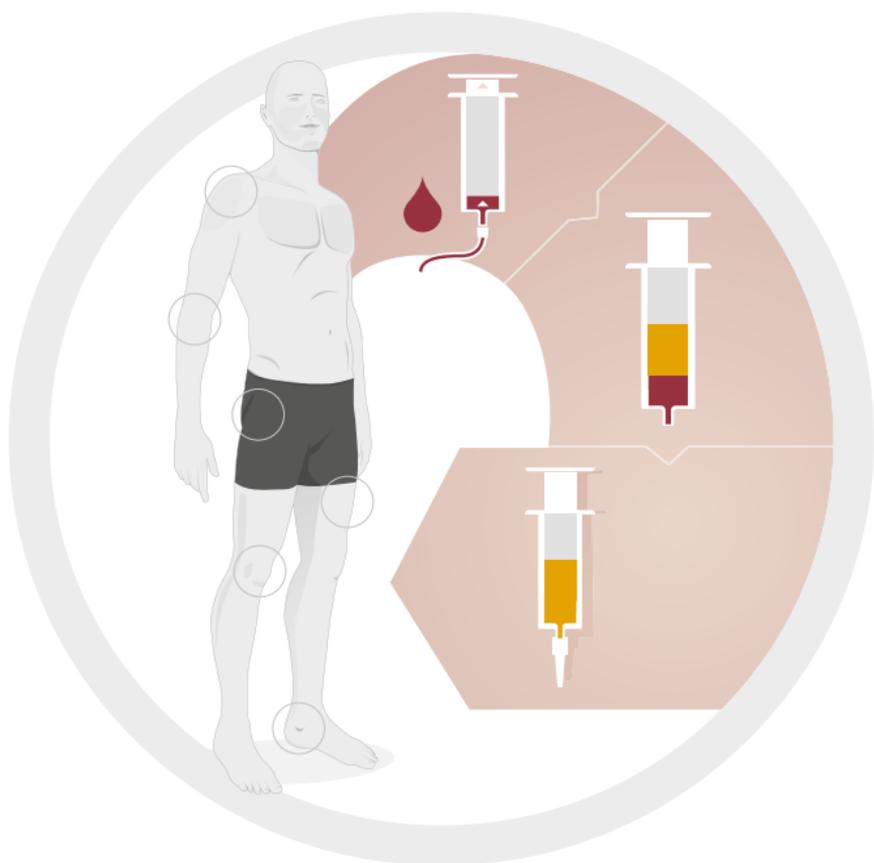
# Natural Therapy for Osteoarthritis and Joint Degeneration

Complex and well-regulated natural processes take place in the body during healing of injured or inflamed tissue. Platelets play an important role in this process. At the site of the injury, they release special proteins, known as growth factors. These initiate the reconstruction of the injured tissue and prevent painful inflammatory processes. ACP therapy, which can support the body's own healing in this way, is based on this principle.<sup>1,2</sup>

## **The Objectives of ACP Therapy:**

- Reconstruction of the injured tissue
- Prevention of painful inflammatory processes
- Improvement in mobility
- Delay in progression of the disease and the need for an artificial joint
- Reduction of analgesics with possible side effects

Studies confirm the effectiveness of ACP therapy for painful mild to moderate osteoarthritis (grade I - III).<sup>3-5</sup>



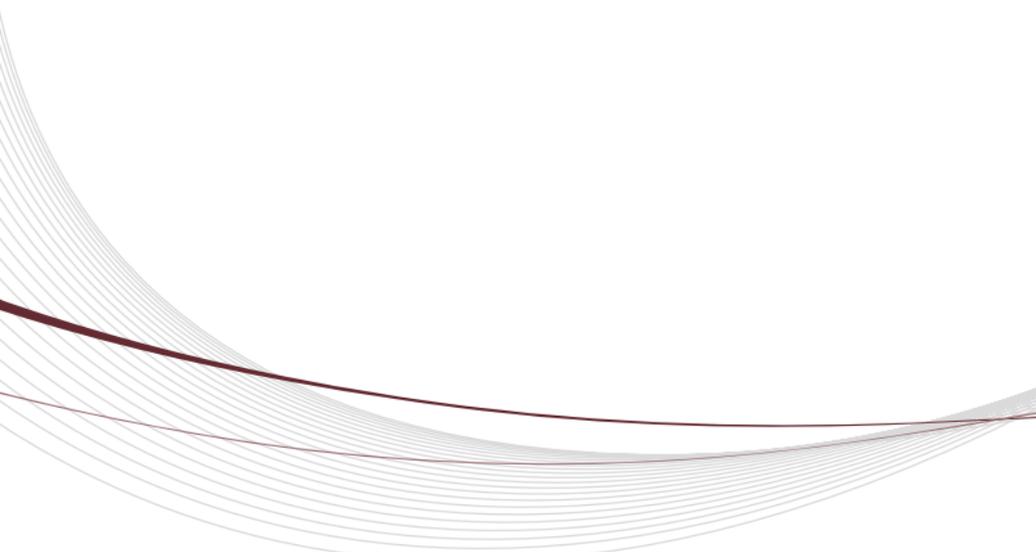
### The Treatment Process

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

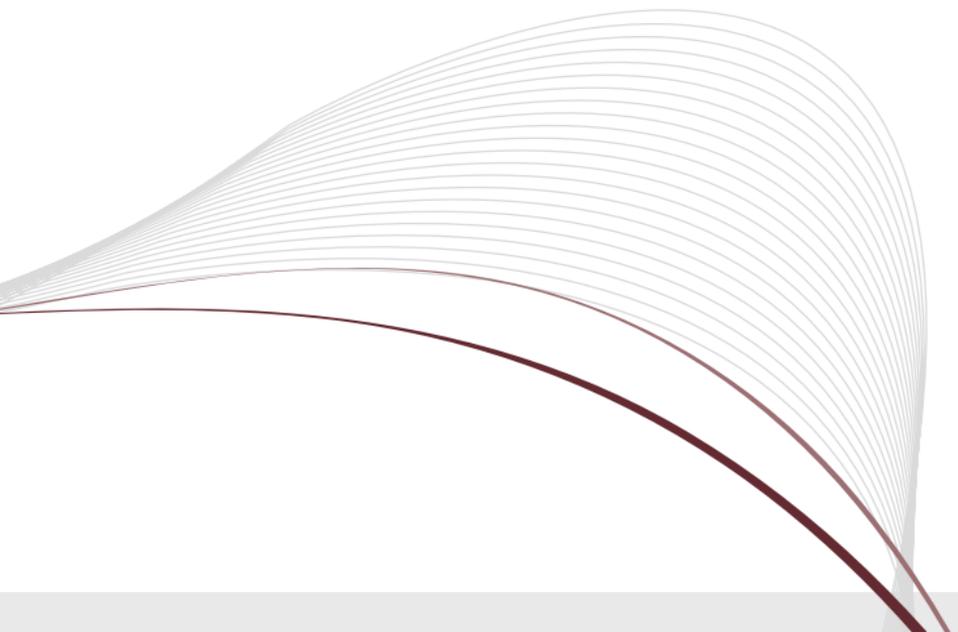
- Outpatient procedure
- Fast process (< 30 min.)
- Endogenous, biological agents with good tolerability
- Personalized treatment interval
- Customized to your needs

# Studies

1. 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): 1742 - 9
  2. Mazzocca A et al: Platelet-rich plasma differs according to preparation method and human variability. *Journal of Bone & Joint Surgery*. 2012; 94(4): 308 - 316
  3. Smith PA: Intra-articular Autologous Conditioned Plasma Injections Provide Safe and Efficacious Treatment for Knee Osteoarthritis. *The American Journal of Sports Medicine*. 2016;44(4):884-91
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4. Cerza F et al: Comparison between hyaluronic acid and platelet-rich plasma, intra-articular infiltration in the treatment of gonarthrosis. *The American Journal of Sports Medicine*. 2012;40(12):2822-7
5. Cole BJ et al: Hyaluronic Acid Versus Platelet-Rich Plasma: A Prospective, Double-Blind Randomized Controlled Trial Comparing Clinical Outcomes and Effects on Intra-articular Biology for the Treatment of Knee Osteoarthritis. *The American Journal of Sports Medicine*. 2017;45(2):339-46

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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