Your Opportunity to Return to Activity Faster!

Natural Help for Injuries
ACP Therapy
Our musculoskeletal system consists of a complex composition of different structures that allow us to move purposefully. In addition to the skeletal musculature, tendons play an important role as the connecting element between muscles and the bony skeleton. As force transmitters, they make purposeful movements possible. Ligaments, in turn, serve to strengthen and secure our joints.

All of these structures are subjected to enormous mechanical stresses on a daily basis, which often result in injuries. The main causes are permanent unequal load distribution, overloading, and external violent impact, such as wrong movements and accidents.
Muscles:
Jerky movements, excessive stress and sudden muscle tension often lead to muscle injuries and tears.

Ligaments:
Falls, impact and compression often cause injuries to ligaments and the joint capsule as well as ligament straining and stretching.

Often Affected:
■ Ankle, knee and wrist

Tendons:
Since tendons consist mainly of collagen fibers, they can tear during jerky, fast movements. Prolonged unilateral or excessive stress can also cause micro-injuries with persistent pain and functional impairment. Conditions such as tennis and golfer’s elbow, jumper’s knee, heel pain and calcaneal spurs all result from tendon injuries.2-6

Often Affected:
■ Elbow, shoulder, knee, foot and ankle

Where and How Do Injuries Occur?

■ Swelling and pain in the affected area
■ Loss of function
■ Limited mobility of the joint
■ Feeling of instability in the affected joint

How Does One Recognize These Injuries?
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.\(^7\)

**ACP Therapy**

ACP therapy is based on this principle. In ACP therapy, high concentrations of these special proteins are obtained\(^8\) and then injected into the body, utilizing the body’s own self-healing processes. The form and frequency of administration of these proteins may vary depending on the type of injury. 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


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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For more than 35 years, Arthrex has played a key role in the development of new treatments for joint diseases. With more than 4 000 employees worldwide in research, development and sales, Arthrex is one of the leading companies in reconstructive orthopedic surgery.