



## Platelet Rich Plasma

When you are injured, your body automatically signals for help and calls your platelets, white blood cells and other components within your blood to travel to the site of injury. Once there, these cells communicate with each other to release specific growth factors that initiate a healing process.

When used at the site of injury, the growth factors and other components in platelet rich plasma (PRP) have been clinically shown to potentially accelerate healing of injured or poorly healed tissue, thereby improving function and decreasing pain.



\*Please note that PRP treatments are offered at our Poulsbo office.

Indications for Use: The PEAK PRP system is designed to be used for the safe and rapid preparation of autologous platelet-rich-plasma (PRP) from a small sample of blood at the patient's point of care.

Literature:

1. Mishra A, Pavelko T. Treatment of chronic elbow tendinosis with buffered platelet-rich plasma. *AM J Sports Med.* 2006 Nov; 34(11): 1774-8.
2. Gosens T, Peerbooms JC, van Laar W, den Ouden BL. Ongoing positive effect of platelet-rich plasma versus corticosteroid injection in lateral epicondylitis: a double-blind randomized controlled trial with 2-year follow-up. *Am J Sports Med.* 2011 Jun; 39 (6): 1200-8.
3. PEAK Platelet Rich Plasma System "POWER IN SIMPLICITY™ REPRODUCIBLE RESULTS" Product Brochure



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## Platelet Rich Plasma Capture Your Healing Potential



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## The PEAK™ Platelet Rich Plasma System

The PEAK™ Platelet Rich Plasma System is an innovative technology that concentrates and captures your healing potential from a small sample of your blood to make your very own Platelet Rich Plasma (PRP) which can be injected into an injury site for healing purposes. Your PRP will contain a physiologic balance of platelets, growth factors and white blood cells tailored specifically for you.

### Platelet Rich Plasma Procedure

PRP Therapy is a minimally-invasive outpatient therapy which takes about an hour or less and is offered by InHealth Imaging in our Poulosbo office.

### Before PRP

Before your PRP treatment, Dr. Manfred Henne, or one of our physicians, will first identify whether you are a good candidate for PRP based on your injury. Please let us know if there are any medications you are taking.



### During PRP

During your PRP treatment, your blood will be drawn and placed in the PEAK Platelet Rich Plasma System where your platelets will be concentrated and isolated from other blood components. One of our team members may apply an anesthetic and then we will use image guidance (either CT, fluoroscopy or ultrasound) to assist in the placement of the injection. The injection will deliver your very own high-concentrated PRP at the site of injury to boost your body's natural ability to heal.

### After PRP

After your PRP treatment, you may experience soreness, pain and swelling associated with your procedure. Before you leave our office our team will provide you with aftercare instructions and advise you about what to expect following the injection. The goal of PRP is to help your body heal and it may take time to see results. Most PRP patients experience improvements within a few weeks. Please call us at 360-598-3141 if you have any concerns or questions.



### PRP Side Effects

Talk to our physicians about possible side effects, which may include pain, infection, swelling and discomfort in the first few days. Again, please call us at 360-598-3141 if you experience side effects that concern you.

### PRP Common Questions

Below are some questions you can ask our physicians to learn more about how PRP can be a benefit to you:

1. What could have caused my symptoms?
2. How will you use my PRP?
3. When will I start to experience relief?
4. When can I return to normal activity?

### PRP Payment Options

PRP procedures may not be covered by insurance; however, there may be other ways to help you pay:

1. Cash, Credit or Debit
2. FSA—Flex Spending Account
3. HSA—Health Savings Account