

# New Non Surgical Treatment for Tendinopathies at Oaklands

Mr Sanjiv Jari, Consultant Lower Limb & Orthopaedic Sports Medicine Surgeon at Oaklands and Honorary Clinical Lecturer at the University of Manchester has introduced a new treatment for tendinopathy at Oaklands for NHS and private patients.

Typically tendinopathies that do not respond to physiotherapy, undergo surgical debridement of the tendinopathic segment.

While this does work well, the problem has always been the long and drawn out rehabilitation programmes following surgery to allow recovery without tendinitis recurring.

## Faster Rehabilitation

A new treatment - Platelet Rich Plasma (PRP) Injection takes patients' own platelets (blood cells which stimulate healing and collagen production as well as stimulating the inflow of blood vessels to support healing) and injecting them under anaesthetic and



Ultrasound guidance into the tendinopathic tendons. Platelets are extracted from a patient's 30ml blood sample spun in a centrifuge and then a specific drawing system removes the platelet layer.

Patients will then need a period of physiotherapy but recovery is substantially shorter than with surgery and success rates are 70-90%. Unlike steroid injections into tendons, PRP stimulates a natural healing response and avoids the risk of tendon rupture.

Tendinopathies which are suitable for PRP injections include:

- Patellar tendinitis
- Achilles tendinitis
- Tennis elbow and golfer's elbow
- Plantar fasciitis
- Trochanteric bursitis
- IT band irritation around the knee