



# Platelet Rich Plasma Therapy

An Innovative, New Treatment  
for Healing Joint and  
Tendon Disease



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*Platelet Rich Plasma* (PRP) is recommended for soft tissue injuries, tendon injury and joint pain. PRP stimulates the body's natural healing ability. It is used as an alternative treatment for those who do not wish to have surgery and where anti-inflammatories, physical therapy and bracing have not been effective.

## WHAT IS PRP?

PRP or Platelet Rich Plasma comes from a patient's own blood. Platelets are rich in proteins called growth factors, which are important to the healing of injuries. PRP is plasma that contains a high concentration of platelets. These growth factors are the body's natural proteins that increase collagen production, enhance tendon stem cell growth and stimulate blood flow. In turn this speeds the healing of injured tendons, ligaments, cartilage and muscles.

## WHERE DOES PRP COME FROM?

PRP comes from a patient's own blood. At the time of treatment, a sample of blood is taken, then it is prepared using a centrifuge to separate the platelets from the red and white blood cells. The platelets are then returned to the plasma in increased concentrations. Since PRP is prepared from your own blood, there is no risk of rejection or disease transmission. PRP also contains a high concentration of white blood cells, which have an antibacterial property that helps fight infection.

## WHAT ARE THE POTENTIAL BENEFITS?

PRP increases your body's potential to heal. Patients can expect to see improvement in symptoms. It reduces or eliminates the need for medication, cortisone injections or surgery. It can also provide a dramatic return of function.

*Questions About Your Feet?  
CALL US TODAY!*

## WHAT CAN I EXPECT DURING TREATMENT?

Treatment is preformed in the office. You will meet with Dr. Batelli who will take a history and examine the area to see if you are a good candidate. Once the area is sterilized and the PRP is prepared, the doctor, with ultrasound guidance, will gently administer the injection. There will be a short observation period after the injection and a follow up will be scheduled. Procedure may be repeated over a 6 month period.

## WHAT SHOULD I DO FOLLOWING THE TREATMENT?

There can be some discomfort after the treatment. The doctor will suggest a treatment of ice and elevation. After the treatment, your body will still need time to heal. For the 48 hours following treatment it is important not to disturb the area. An additional 2 weeks of rest is recommended. Exercises or physical therapy may be recommended after that.

## CAN I TAKE MEDICATIONS AFTER TREATMENT?

Please do not take any anti-inflammatory medications such as Advil, Aleve, Motrin or Aspirin after treatment. You may take Tylenol. Dr. Batelli will discuss other medications you may be taking and provide instructions prior to the procedure. He will then review your instructions with you after the procedure is complete.

# MEET THE DOCTOR...

Every day, you put your body at risk through work, play and exercise. We specialize in injury prevention, minimally invasive surgery and cutting edge, innovative therapies. We pride ourselves in giving you the best quality care you have come to expect. Returning you to your normal activity and routine quickly...that's what we do. We can get you there.

## CALL US TODAY...

### Your Feet will Thank You.

#### Services Include:

- Sports Injuries
- Orthotics and Custom Bracing
- Non-Invasive Pain Relief
- Foot & Ankle Reconstruction
- Foot & Ankle Fractures
- Custom Total Ankle Joint Replacement
- Pediatric Foot Surgery
- PRP/Stem Cell Therapy
- Amniotic Membrane Therapy
- ESWT/Shock Wave
- Minimally Invasive Surgery
- 24/7 Emergency Care

### What Our Patients Say...

*"This was a simple, very affective procedure that helped me get back to my training. Dr. Batelli was great and so helpful." C.G.*

*"I had an excellent result with this procedure and would highly recommend." M.P.*

*"I didn't want cortisone injections or surgery so this was a great alternative. I'm feeling better than I've felt in a long time." C.Z.*



Eugene A. Batelli, DPM, FACFAS  
• Board-Certified, Foot Surgery  
• Board-Certified, Reconstructive Rearfoot & Ankle Surgery

Dr. Batelli is a Diplomate of the American Board of Foot & Ankle Surgery where he is double board certified in Foot Surgery, and the prestigious Reconstructive Rearfoot and Ankle Surgery. He is a Fellow of the American College of Foot and Ankle Surgeons, Fellow of the American College of Lower Extremity Surgeons, and a Fellow of the American Professional Wound Care Association.

Dr. Batelli actively treats high end athletes in high school, Division I college, and participants in the NYC and Boston marathons. He is also a lecturer and instructor on the latest surgical techniques. The office is complete with all the latest technologies such as cold laser and extra corporeal shock wave therapy (ESWT). Dr Batelli has advanced surgical training in total ankle replacements from Tornier (Salto Talaris), Small Bone Innovations (STAR), Zimmer (Trabecular Metal Total Ankle) and Wright Medical (In-Bone, Infinity and Prophecy). He is also on the product development board for Trilliant Surgical, Ltd.

