

# Natural Help for Osteoarthritis and Joint Degeneration

ACP and Hyaluronic Acid Therapy

[acp-therapy.com](http://acp-therapy.com)

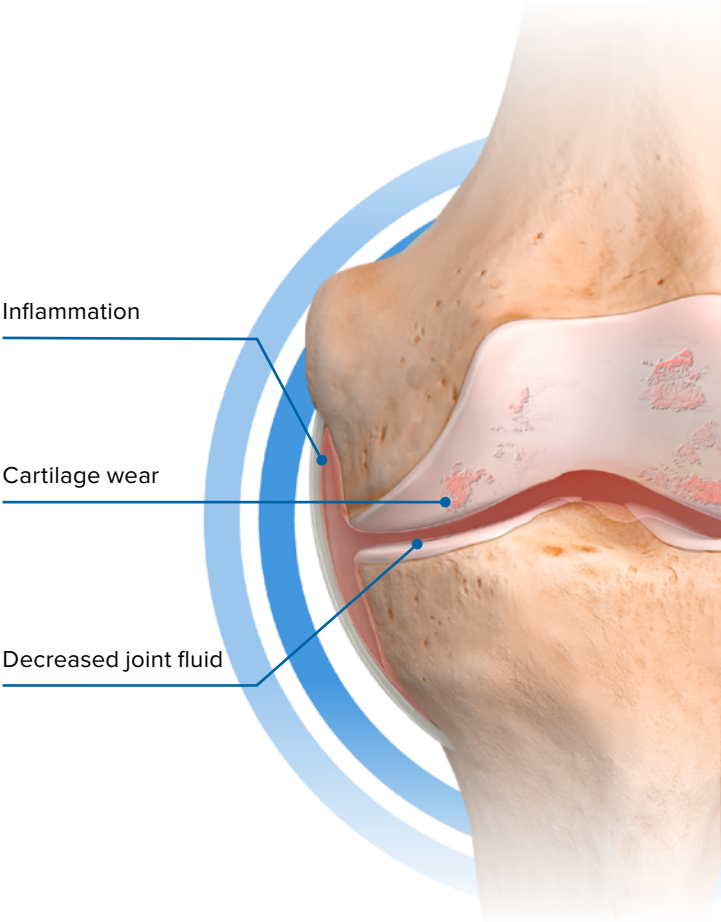


**ACP Therapy**

# Osteoarthritis

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Osteoarthritis is the most common joint disease and affects the daily lives of several hundreds of million people worldwide. During osteoarthritis, cartilage tissue slowly decays due to constant inflammation of the joint. In a healthy joint, cartilage is an important part of enabling proper joint movement. This function is heavily impaired in an arthritic joint, thereby causing movement restriction and pain.



## **Factors That Can Cause Osteoarthritis:**

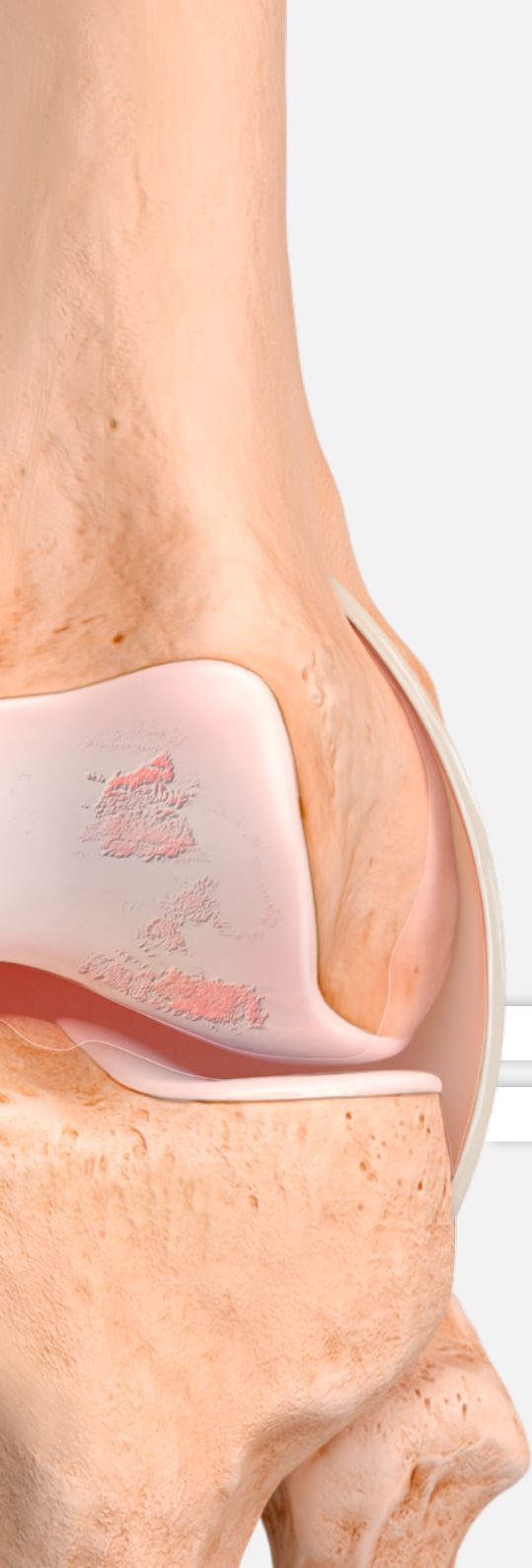
- Joint inflammation
- Obesity
- Age
- Joint malalignment
- Severe joint stress (at work or during sports)
- Unhealthy lifestyle (alcohol, nicotine (smoking), lack of exercise)
- Hereditary causes
- After joint surgery

## **Often Affected Joints:**

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

## **Symptoms of Osteoarthritis:**

- Limited physical activity
- Unpleasant tugging in the joint
- Morning stiffness
- Discomfort when you start walking, but which subsides after a short walk
- Pain not related to weight-bearing that can turn into persistent pain



**ACP therapy**

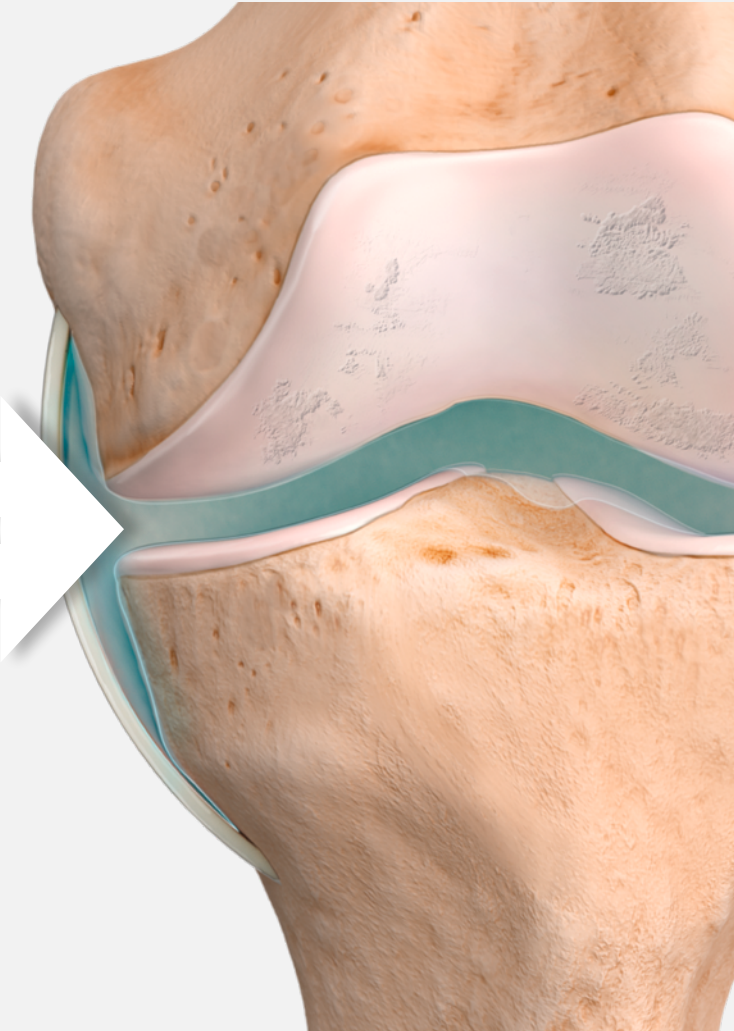
**Hyaluronic acid**

## Personalized Treatment Concept

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### **ACP and Hyaluronic Acid Therapy**

With different treatment options available, a personalized treatment concept for osteoarthritis is possible. In consultation with your doctor, you will discuss which treatment options are the optimal solution for your condition. Hyaluronic acids often promise quick pain relief, whereas ACP therapy enables longer-term and regenerative success. Differences in the composition of the preparations allow your doctor to offer you innovative, biological therapies that are tailored to your specific needs.



## Natural Therapy With ACP

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Complex and well-regulated natural processes take place in the body during the healing of injured or inflamed tissue, where platelets play an important role. 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 this healing process, is based on this principle.<sup>1,2</sup>

Your doctor will create a treatment plan tailored to your needs. It may happen that your doctor also combines ACP therapy with other treatment options, such as physiotherapy or hyaluronic acids.

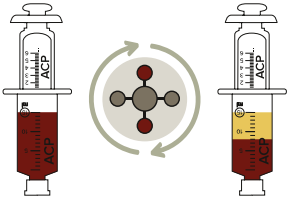
### The Objectives of ACP Therapy

- Reconstruction of the injured or weakened tissue
- Prevention of painful inflammatory processes
- Improved mobility
- Delayed progression of the disease and the need for an artificial joint
- Reduced consumption of analgesics with possible side effects

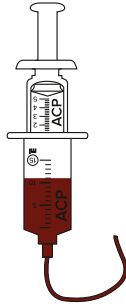
Studies confirm the effectiveness of ACP therapy for painful mild to moderate osteoarthritis (grades I-III).<sup>3-5</sup> The current guideline for the treatment of gonarthrosis, issued by the German Society for Orthopaedics and Trauma Surgery (DGOU), recommends the treatment of osteoarthritis with platelet-rich plasma, such as ACP therapy.<sup>6</sup>

## The Treatment Process

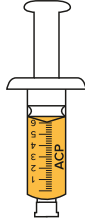
- 1 A small quantity of blood is taken from a vein in the arm.



- 2 Blood plasma is separated from the rest of the blood using a special centrifuge. This procedure concentrates the platelets contained in the blood.



- 3 Nothing is added to the plasma. The conditioned plasma is injected directly into the affected area of the body.



## Benefits of the Treatment

- Outpatient procedure
- Fast process (< 30 min)
- Therapy can be repeated
- Suitable for all joints
- Completely biologic, patient-specific treatment
- Well tolerated

## Natural Therapy With Hyaluronic Acid

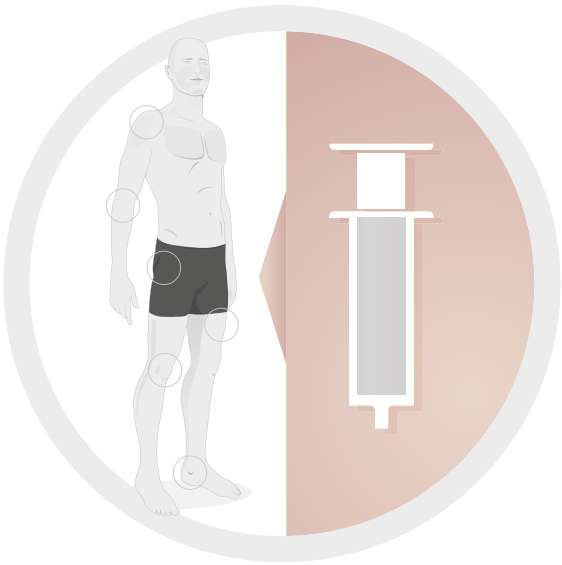
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During a treatment with hyaluronic acid, the natural viscosity of the joint fluid, which is lost during osteoarthritis is restored. Hyaluronic acid is a natural substance in the body that gives joint fluid its special lubricating and resilient properties. Inflamed joints often cannot produce enough hyaluronic acid, resulting in suboptimal joint fluid composition. By injecting hyaluronic acid, the composition of the joint fluid can be temporarily optimized. Therapies with hyaluronic acid are often combined with other treatments, such as ACP therapy.

### Objectives of Hyaluronic Acid Therapy

- Minimization of inflammation and pain
- Restoration of joint fluid
- Improved mobility
- Delayed progression of the disease and the need for an artificial joint
- Reduction of analgesics with possible side effects

The current guideline for the treatment of gonarthrosis, published by the DGOU, recommends the treatment of osteoarthritis with this treatment alternative.<sup>6</sup>



### The Treatment Process

- Injection of the hyaluronic acid into the joint
- Frequency and intervals of injections vary – doctor will draw up individual treatment plan with you

### Benefits of the Treatment

- Outpatient procedure
- Fast treatment (< 10 min)
- Therapy can be repeated
- High level of product safety:
  - Biotechnological production
  - Free of animal proteins that could trigger an immune reaction

## Studies

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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):88 4- 91
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
6. S2k-Leitlinie Gonarthrose 187-050; AWMF online; date of access: 10/25/2024

For information on the studies, please contact your physician.

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ACP-Therapie



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Scan the QR code for more information about ACP therapy and its areas of application.



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