

Natural Help for Sports Injuries

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ACP Therapy

Do You Have a Sports Injury?

The German Professional Association for Orthopedics and Trauma Surgery (BVOU) records around 1.5 million sports accidents in Germany every year, 53% of which occur in clubs and 47% in recreational sports. Medical treatment is required in 83% of these injuries. Sport is good for us, but there is always a risk of injury, especially during an athlete's career in sports such as soccer, skiing, or mountain biking. In sports medicine, a distinction is made between acute sports injuries (usually accidents) and chronic sports injuries due to overloading or incorrect posture.



Where and How Do Sports Injuries Occur?

Muscles

Jerky movements, excessive loading, and abruptly tensing muscles can often lead to torn or injured muscles.

Ligaments

Falls, impact, and compression often cause injuries to ligaments and the joint capsule as well as sprains.

Commonly affected:

Ankle, knee¹, and wrist

Tendons

Rapid, jerky movements can rupture tendons. Prolonged excessive or one-sided loading can also cause micro-injuries with persistent pain and restricted function. Tennis elbow, golfer's elbow, jumper's knee, and heel spurs, for example, are all caused by tendon injuries.²⁻⁵

Commonly affected:

Elbow, shoulder⁶, knee, foot, and ankle

Symptoms of Injury

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

How Does ACP Therapy Work On Sports Injuries?

ACP is short for autologous conditioned plasma, which is a plasma preparation using a patient's own blood.

Platelets play an important role in healing injured or inflamed tissue. They release growth factors at the injury site, which stimulate tissue regeneration and prevent inflammation. ACP therapy uses this principle to support the body's own healing process.^{1,2}

Objectives of ACP Therapy

- Repairing damaged tissue
- Preventing inflammation
- Improving mobility
- Delaying disease progression and the need for an artificial joint
- Reducing pain

Depending on the type and intensity of symptoms, 3 to 5 treatments are needed at 1-week intervals.⁷

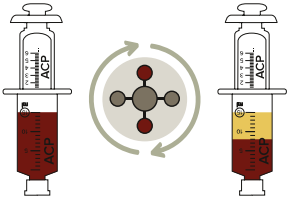
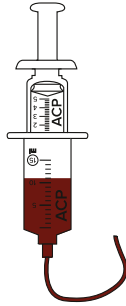
The positive effects of ACP therapy on sports injuries have been demonstrated in studies.⁸

Who Can Benefit From ACP Therapy?

ACP therapy is suitable for patients of all ages who suffer from back pain, sports injuries, or osteoarthritis and are looking for a natural, well-tolerated, and effective treatment alternative.

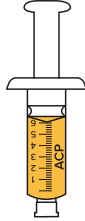
The Treatment Process

- 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.



Advantages of ACP Therapy

- Out patient procedure
- Fast treatment (< 30 min)
- Well-tolerated, natural substances from your own body
- Individualized treatment intervals
- Customized to your needs

Studies

1. Koch M, Matteo BD, Eichhorn J, et al. Intra-ligamentary autologous conditioned plasma and healing response to treat partial ACL ruptures [published correction appears in Arch Orthop Trauma Surg. 2018 May;138(5):685. doi: 10.1007/s00402-018-2903-3.]. *Arch Orthop Trauma Surg.* 2018;138(5):675-683. doi:10.1007/s00402-018-2885-1
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8. Mazzocca AD, McCarthy MB, Chowaniec DM, et al. The positive effects of different platelet-rich plasma methods on human muscle, bone, and tendon cells. *Am J Sports Med.* 2012;40(8):1742-1749. doi:10.1177/0363546512452713

Please contact your doctor for more details about these studies.

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