

ASK YOURSELF...

Do you suffer from shoulder pain that won't let up?

A bum knee from running too many half-marathons?

Or hip pain that makes you feel older than your actual age?

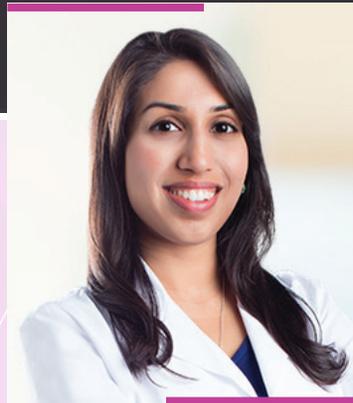
If so, regenerative medicine might be the right option for you. Platelet Rich Plasma (PRP) is a non-surgical method (used by athletes like Kobe Bryant and Rafael Nadal) that focuses on harnessing your own body's healing power.

MAKE AN APPOINTMENT

For more information call
908.684.3005

"We will tap in to your body's natural ability to heal itself"

— Dr. Ferheen Shamim



THE
ORTHOPEDIC
INSTITUTE
of New Jersey

orthopedicnj.com

REGENERATIVE MEDICINE



PLATELET RICH PLASMA
(PRP TREATMENT)



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Here's how it works:

During an appointment at The Orthopedic Institute of New Jersey, we'll start with an orthopedic evaluation and standard blood draw. Then, we'll put your blood draw into a machine that separates out the platelets (growth and healing factors) needed for tissue healing. The layer is purified and concentrated with a state-of-the-art sophisticated centrifugation process and then injected into the area of injury.

PRP has been scientifically proven to help heal your body for over a decade.

Let's Talk Results

Patients of all ages at The Orthopedic Institute of New Jersey seek our PRP treatments each year. As leaders in New Jersey for regenerative medicine, 98 percent of our patients return to their normal activities after their appointment. Many don't need surgery or continue to take medications to treat their pain. There are few side effects to PRP (unlike most medications). Most patients come back for two to three more treatments for top results.

Exploring PRP

Regenerative medicine is ideal if you've seen a doctor for knee, hip or shoulder pain. You can feel discomfort, but you're not ready for surgery or maybe you're not even a candidate for surgery. You shouldn't have to live in pain. Platelet Rich Plasma (PRP) therapy is treatment designed especially for healing your body's tendons and ligaments.

Harness Your Body's Own Healing Power

If you've tried anti-inflammatories, topical creams, braces, physical therapy or massage — and nothing seems to work — It may be because you have underlying scar tissue with poor blood flow.

A PRP injection can correct these underlying problems in a safe and natural way by stimulating your body's healing response.

Are You a Candidate?

Dr. Ferheen Shamim at The Orthopedic Institute of New Jersey specializes in regenerative medicine to harness your body's own healing potential. You may be a candidate for treatment if you suffer from:

- ▶ Rotator Cuff Tendinitis or Bursitis
- ▶ Tennis or Golfer's Elbow
- ▶ Shoulder Arthritis
- ▶ Hip Bursitis
- ▶ Patellar Tendinitis
- ▶ Achilles Tendinitis
- ▶ Plantar Fasciopathy
- ▶ Knee or Hip Arthritis
- ▶ Partial Tearing of a Tendon



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Benefits of PRP

When you're looking at options for pain relief, here are a few things to remember about PRP:

- ▶ It's a purely natural process
- ▶ There's little to no risk for infection, allergic reaction or side effects
- ▶ An accelerated healing process
- ▶ No intensive rehab is necessary
- ▶ The procedure takes 30 minutes or less
- ▶ Many patients feel relief within 6 – 12 weeks

