



PRP injections are an effective and proven pain relief solution for knee OA symptoms

## The risks of side effects and complications of PRP injections are

**low**, as the patient is receiving an injection derived from their own blood components. The injected platelets are autologous (from the patient's own body) so there is very little risk of rejection or allergic reaction. The procedure is performed within 10 minutes of sample collection and carefully follows safety guidelines to minimise infection risk and patient discomfort. The procedure is described as relatively painless by most patients and has minimal downtime. Reduced activity is suggested for the remainder of the day, with a return to normal activity over the next 2 days.



## TGA guidelines for PRP injections

The Alocuro PRP system meets all TGA guidelines for PRP therapy, featuring patented, sterile medical devices that represent the pinnacle of PRP technology available in Australia, and are listed on the ARTG.

Joint injections are performed by doctors, general practitioners (GP), specialist medical practitioners and nurse practitioners working in osteoarthritis management.

**alocuro**<sup>TM</sup>  
regenerative cellular therapy  
for osteoarthritic joints

## Success Rate

Published studies have demonstrated 85% or more of patients who receive knee joint PRP gained a 50-80% reduction in their symptoms for 6-12 months. Some patients notice improvements for up to 18 months. Annual repetition of the PRP treatment can prolong this benefit.

The PRP injection is not a "quick fix" and it usually takes up to 6 weeks for noticeable improvement.

## PRP is not appropriate for all painful joints

and patient suitability needs to be assessed by the treating doctor. Typically, patients with symptomatic, early to moderate osteoarthritis (OA) will undergo two injections, spaced four weeks apart, while those with more advanced OA may require three injections. It is important for patients to understand that PRP does not offer a guaranteed resolution for all symptoms of osteoarthritis.

The optimal results of PRP therapy are often achieved when it is complemented by weight management, structured exercise regimens, and a commitment to a healthy lifestyle.

## Questions

As with all medical procedures, it is important that patients have the opportunity to ask questions.



**DR AMEER IBRAHIM**

Sport & Exercise Medicine Physician

Alocuro advanced PRP therapy with high-platelet-dose is tailored by Dr Ameer Ibrahim to match the patient's clinical situation & available at the following locations:

### City Location

Level 3, Park House  
187 Macquarie Street  
SYDNEY NSW 2000

### Sydney Olympic Park Location

Level 2, NSWIS Building  
6 Figtree Drive  
SYDNEY OLYMPIC PARK NSW 2127

[www.ameeribrahim.com.au](http://www.ameeribrahim.com.au)  
For appointments please phone: 02 9231 0102



Knee osteoarthritis (OA) is a degenerative joint disease, that usually progresses with age, and is particularly prevalent in individuals with a history of knee trauma. In Australia, OA affects over 1.5 million individuals, with clinical presentations varying from mild joint discomfort in the early stages to persistent joint pain, swelling and stiffness in advanced stages - which can have a significant impact on a patient's quality of life and physical capabilities.

Managing symptoms of knee osteoarthritis (OA) is multifaceted, and current guidelines for mild to moderate OA include weight management, lifestyle adjustments, medication, physiotherapy, bracing, and targeted muscle strengthening programs. For individuals who experience persistent pain despite these initial interventions, intra-articular Platelet-Rich Plasma (PRP) injections may be recommended. These injections aim to alleviate pain and potentially delay the need for knee replacement surgery.

### Osteoarthritis (OA) Facts from AIHW

- 1 in 11 Australians have OA, approximately 2.1 million people in 2014
- OA is the most common form of arthritis and the predominant condition leading to knee and hip replacement surgery in Australia
- OA is more common in females than males. 2 in 3 people who have osteoarthritis are female
- The prevalence of OA rises with age. While relatively few younger people have this condition, from the age of 45, the prevalence rises sharply
- 1 in 4 people with OA self-reported fair or poor health – twice the rate of people without the condition
- 38% increase in the rate of total knee replacements in the last 10 years



Normal knee joint



Knee joint with arthritis

**Platelet Rich Plasma (PRP)** is a minimally invasive treatment option for alleviating knee OA symptoms, demonstrating efficacy in both pain reduction and functional improvement of affected joints. Extensive research on the effect of PRP on mild to moderate knee OA symptoms indicates that PRP is a superior injection therapy to other injection options like hyaluronic acid (e.g., Synvisc) and corticosteroids. PRP is usually recommended to help manage OA symptoms, and to slow progression of the disease.

### What is PRP?

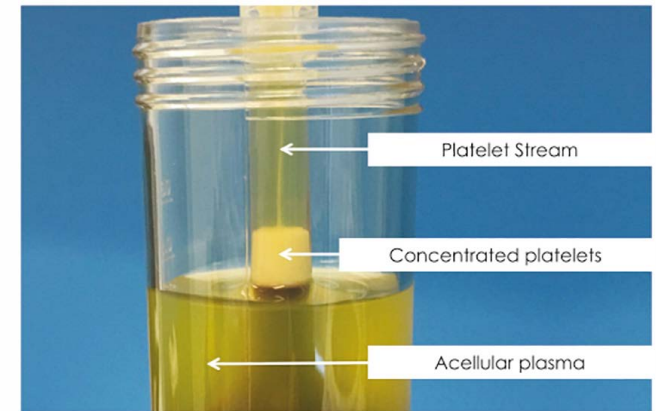
PRP is an extract of your own blood that contains a high concentration of platelets, growth factors, and bio-active proteins essential for tissue regeneration and healing.

### How does PRP work?

PRP works by stimulating the body's natural healing mechanisms. When tissue is injured, the body responds by sending specific 'super healer' cell types to the site of injury to start the repair process. These 'super healers' are platelets and once they are injected will release growth factors, which act as 'chemical controllers' for cellular repair.

The exact mechanism of how PRP improves OA symptoms is not completely known, but researchers have observed the positive effect of platelet-released growth factors and bioactive proteins on the joint tissues. Three main actions have been observed – stimulation

Choose Alocuro's advanced pure PRP with a high platelet count and minimal white blood cells for best results with less pain



Alocuro PRP device is approved by the TGA for PRP therapy. It has 90-95% platelet collection efficiency, with the ability to see the concentrated platelets during the PRP collection

of cellular repair, increase in anti-inflammatory processes and decrease in pro-inflammatory proteins. Collectively these actions improve overall joint biology, leading to a reduction in OA symptoms.

### How is PRP therapy performed?

The procedure is simple, usually lasting 30 minutes and is performed as an outpatient (no hospital admission required). A blood sample is collected (similar to a regular blood test) and placed into a special, sterile PRP device. After centrifugation, over 90% of the platelets are precisely concentrated into a small volume of plasma, which is then collected for injection into the affected joint.

### Not all PRP is equal

Alocuro's TGA approved technology collects a 'pure' type of PRP, with a high platelet concentration and reduced white blood cells, which has been shown by research studies to provide the best clinical outcomes. By comparison, many PRP providers are using low platelet concentration or high white blood cell PRP that may contribute to variable patient results.

### What to expect post injection?

The growth factors present in PRP enhance tissue regeneration by activating the body's natural healing response to an injury. However, due to their high concentration, these growth factors can elicit an exaggerated healing response, occasionally leading to a temporary 'flare up' of symptoms, typically lasting 2-3 days.