



**MOTION *IS*
MEDICINE**
SPORTS MEDICINE

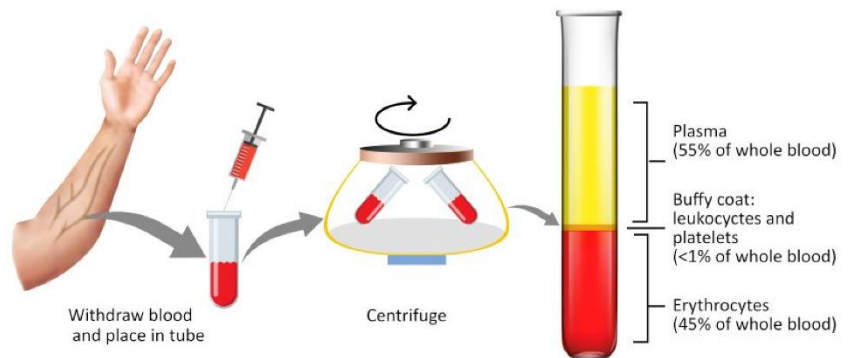
DANIEL A. CLEARFIELD, DO, MS, FAOASM
SPORTS MEDICINE & NON-OPERATIVE ORTHOPEDICS
OSTEOPATHIC MANIPULATIVE MEDICINE
REGENERATIVE MEDICINE
CONCUSSION MANAGEMENT
(817) 900-3539
WWW.MOTIONISMEDICINEDFW.COM

Platelet Releasate

What is it?

[Platelet Rich Plasma \(PRP\)](#) works by taking out some of your blood, spinning it down in a centrifuge to isolate and concentrate the growth factors. It is then injected into an area of injury placing growth factors directly there, as well as signaling the body to send more growth and healing factors

to that area. PRP releases these growth factors over a week, so it is kind of like a time-release pill. But what if you wanted something more like an immediate release pill, a quick release of more growth factors? Well, that's what **Platelet Releasate** is. It's getting all those growth factors out of the platelets and using those immediately. And we do that through lysis of the platelets, which means to break open, and that releases the alpha-granules, which contain the growth factors.



PRP works well to treat mild arthritis, small tendon ligament tears, or torn spinal discs.

Whereas **Platelet Releasate works well to treat irritated or pinched spinal nerves, small tendon ligament tears as well, and damaged peripheral nerves.**

Why is it used?

Nerves normally glide through the muscles and soft tissue with movements. If injuries or repetitive stress occur, the nerves can get "*stuck*" and the tissue does not allow the normal motion. Pain and/or altered sensations can develop. Common nerve treatments employed by Dr. Clearfield include [nerve blocks](#), [nerve hydrodissections](#), [neural therapy](#), and [Osteopathic Manipulative Treatment \(OMT\)](#). For cases where a stronger and longer acting effect is needed, **platelet releasate can be used to free the nerve from the surrounding tissues and allow the nerve to repair itself.**

How is it performed?

First PRP is made by taking a small amount of blood from your arm. After being concentrated in a centrifuge and isolated, the platelets' growth factors are then released by adding thrombin and centrifuging it again. Once the platelet releasate is ready, it can be injected **perineurally** (around the nerve to hydrodissect it from the surrounding tissue), **intra neurally** (allowing the nerve to heal itself from within), and/or **neurally** (superficially where the nerve supplies sensation to the skin).



What are the typical results?

Platelet releasate can be very successful in relieving acute and/or chronic nerve pain. In fact, platelet releasate can **provide substantial pain relief even when surgery fails**. The benefit from this procedure will typically occur two to seven days following the procedure. This therapy combined with a routine of stretching the affected nerve and its surrounding tissues allows many individuals to enjoy a pain free lifestyle, without the pain ever recurring.

What should I expect after this procedure?

After the procedure we will often have you in a sling (for upper extremity procedures) or on crutches or in a boot (for lower extremity procedures). This will be for the first 72 hours post-procedure, mainly to allow proper absorption of the platelet releasate so it can exert its orthobiologic activity on the nerve while avoiding accidentally *"squishing it out."* The numbing medicine should last between 2-10 hours after the procedure. While some people experience immediate relief of their pain, it may be up to 3 days after the procedure before you start feeling full relief from your painful condition.

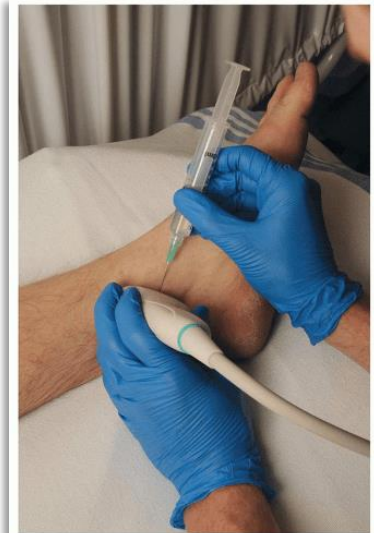
What nerves are typically treated with platelet releasate?

Platelet releasate can be used to treat any peripheral nerve that has become entrapped, injured, or otherwise has become painful and dysfunctional. Some of the more common nerves treated include:

- **Median nerve** associated with **carpal tunnel syndrome**
- **Ulnar nerve** associated with **cubital tunnel syndrome**
- **Saphenous nerve** associated with **chronic knee pain**
- **Tibial nerve** associated with **tarsal tunnel syndrome**
- **Suprascapular nerve** associated with **chronic shoulder pain**
- **Anterior abdominal cutaneous nerve** associated with **ACNES**

How often should this procedure be done?

The general hope with this procedure is that it will be **one-and-done**. It may be repeated as needed to fully separate the nerve from its surrounding tissue. We will consider repeating the procedure every 4-6 weeks as needed until you are symptom free.



Ultrasound guided platelet releasate injection of the tibial nerve to treat tarsal tunnel syndrome

How do I get scheduled for this procedure?

After consulting with Dr. Clearfield to see if this is the correct procedure to be performed for you, we can [get you booked](#) for this at your earliest convenience. We will have you do the blood draw first, then it takes a little over an hour to prepare the platelet releasate. Once it is ready the procedure itself should typically take no longer than 30 minutes including reviewing aftercare instructions.