

# BLOOD PATCH TREATMENT

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We are offering a new treatment for chronic tendon tears.

Traditional treatments such as anti-inflammatory drugs, rest, rehabilitation exercises, braces and local anaesthetic and cortisone injections have been used with varying success in chronic tendon tears particularly in the elbow, shoulder region, foot and ankle.

A new treatment is now offered under specific circumstances. It involves injecting some of your own blood directly into the tendon tear under ultrasound guidance. It may be effective and is certainly safe as it is your own blood. It introduces healing cells and collagen precursors into the tendon and aids repair.

It requires several things:

- 1) You must have a documented partial tendon tear (Ultrasound or MRI).
- 2) You need to be prepared to do a graded rehabilitation program afterwards (three sessions with one of our physiotherapists).
- 3) You need to be prepared for some pain in the days after the injection.

Specifically the blood is taken from a small vein in your hand on the same side. This is then injected after a local anaesthetic injection under ultrasound guidance and sterile conditions.

This treatment may be combined with Extracorporeal shock wave treatment and/or bracing.