



AUTOLOGOUS BLOOD THERAPY (ACP OR PRP THERAPY)

Autologous blood therapy, also known as autologous conditioned plasma (ACP) therapy or platelet-rich plasma (PRP) therapy, uses the blood's own natural healing potential. When you are injured, bleeding and blood clotting is what promotes wound healing. Blood plasma (the liquid part of the blood) and platelets play a crucial role in this. Platelets are the smallest cells (2–3 μm) in the blood and are formed in the bone marrow. They have a lifespan of 8 to 12 days. These platelets contain many signal proteins, which are responsible for the body's healing, coagulation and immune response. Once their surface is stimulated, they release their anti-inflammatory and growth-promoting proteins. This occurs when you have an injury, for example. This special property of platelets is used in autologous blood therapy for concentrated promotion of healing.

BODY'S OWN WOUND HEALING WITH GROWTH FACTORS

With the help of a centrifuge, 15 ml of the person's blood is separated into its components. The concentrated blood plasma and platelets are carefully drawn out with a separate syringe and then injected directly into the affected joint. Autologous blood therapy is, therefore, just highly concentrated plasma, which is rich in platelets and numerous growth factors. This therapy has a scientifically proven positive effect on symptoms of osteoarthritis. The plasma works to lubricate the knee joint and the blood platelets release various proteins that inhibit the osteoarthritis and inflammation. This leads to a reduction in inflammatory pain and less pain due to osteoarthritis. This therapy uses the natural healing potential of your own blood. The body's own healing factors from the platelets and plasma lead to reduced inflammation in the joint, support tissue healing and improve joint lubrication. For many individuals, the symptoms can be significantly alleviated in this way.

TEMPORARY EFFECT THAT CAN BE REPEATED MULTIPLE TIMES

The results of the injections vary, depending on the stage of the osteoarthritis. Many patients regain a good quality of life and can postpone surgery for several years. With both treatments (hyaluronic acid and autologous blood), a total of three injections are given, each of them a week apart. The effect of the injections lasts for some time. The injections can be repeated at any time if the response is good. As well as being used for osteoarthritis, autologous blood therapy can also be helpful for injuries to ligaments, tendons or muscles.



COSTS

As this treatment is not yet considered standard therapy, the costs are not covered by health insurance. The price for a hyaluronic acid injection is approx. CHF 130 per syringe, and injections with your own blood are approx. CHF 150 per syringe.

CONTACT US FOR A CONSULTATION

At the Pyramid Clinic at the Lake, your well-being and treatment tailored to your needs are our top priority. Our experienced specialists will be happy to see you for a personal consultation. Contact us for more information or use our online form to book an appointment: <https://pyramide.ch/en/joint-and-sport-surgery/book-your-appointment/>

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