

**H**ealing after an injury involves a well-orchestrated and complex series of events where proteins in the blood act as messengers to regulate the entire process. Many proteins involved in the healing process are derived from small cell fragments in the blood called platelets.

Platelets are small, colorless, cell fragments present in the blood. They are formed in the bone marrow and are freely passing through the bloodstream in a resting state. However, when an injury occurs, the platelets become activated and start to gather at the injury site to release beneficial proteins called growth factors. This is the beginning of the healing process.

For many years, blood components derived from the patient and then delivered to the site of injury have created growing interest for use in orthopaedic procedures. New research and technology has expanded the application of this therapy for use in orthopaedic procedures.

### **What is Autologous Conditioned Plasma (ACP)?**

Autologous Conditioned Plasma is a concentration of platelets and growth factors created from a small amount of your own blood. Increased levels of growth factors have the potential to improve signaling and recruitment of cells. This is often referred to as platelet-rich plasma (PRP).

### **How does the ACP process work?**

Your health care provider will recover a small amount of blood from your arm using a small needle and a specially designed syringe. The blood then goes through a rapid spinning process that separates and concentrates the platelets and other beneficial growth factors from the blood. The entire ACP production process is usually done in less than 20 minutes.

### **Am I a candidate for treatment with ACP?**

Speak with your physician and ask if ACP is right for you. Your physician will perform an examination to make a determination if the use of ACP will benefit you. If you are on anti-inflammatory medications or blood thinners, your physician may temporarily discontinue the use of these until your treatment has taken place.

*Get back to doing  
the things you enjoy...*

