Alan M. Lazar, M.D., F.A.C.S.
Arthroscopic and Reconstructive Surgery • Sports Medicine • Ultrasound-Guided Regenerative Injection Therapy • Workers’ Compensation Patient Care

Regenerative Injection Therapy

- Ankle and Foot
- Arthritic Joints
- Elbow
- Hip/Pelvis
- Ligament & Meniscal Injuries
- Lower Leg
- Knee
- Shoulder (Rotator Cuff Tear)
- Spine
- Sports Injuries
- Tendonitis (Tennis and Golfer’s Elbow)
- Wrist and Hand

Call 954.476.9494 for a consultation.

www.DrAlanLazar.com

Regenerative Injection Therapy
Platelet Rich Plasma
Stem Cells from Bone and Fat Grafts

Enhances surgical repair and offers a non-surgical option for treating tendon and ligament injuries and arthritic joints.

Se Habla Español
What Are Tendons, Ligaments, And Arthritic Joints?

Tendons connect the muscle to the bone, making it possible for you to do many every-day physical activities. Overuse or damage to the tendon over a long period of time causes the collagen fibers in the tendons to form small tears, a condition called tendonitis. Damage to tendons most often occurs in the knee, ankle, shoulder, wrist, bicep, calf, and Achilles tendons.

Ligaments are composed of collagen fibers that hold one bone to another, stabilizing the joint and controlling range of motion. When a ligament is damaged, it is no longer able to provide support and weakens joints.

Arthritic joints occur when there is a loss of or damage to cartilage. This loss of shock absorption causes inflammation and pain.

How Does Regenerative Injection Therapy Work?

Dr. Lazar has studied alongside the country’s leading experts in the use of platelet rich plasma (PRP), stem cells, and fat injections to treat torn tendons, ligaments, and arthritic joints. Called Regeneration Injection Therapy, this treatment enhances surgical repair and offers a non-surgical option for orthopaedic injuries and conditions that have traditionally required surgery or other extensive procedures.

The precision of PRP injections can be aided by the use of ultrasound guided injections which add to the safety and efficacy of the injections. Because the goal of PRP is to facilitate the healing of damaged tissue, ultrasound guided PRP adds a pinpoint accuracy of these injections to ensure the solution is targeting the damaged tissue as well as avoiding other structures near the affected area.

How Are Stem Cells Used With This Therapy?

Depending on the condition or treatment plan, Dr. Lazar may recommend using a patient's stem cells. Stem cells are extracted from the patient’s own bone marrow or fat, filtered, cleansed, and then injected into an arthritic joint.

Which Body Parts Can Be Treated?

Medical researchers are reporting remarkable results using PRP in the treatment of common injuries, including tendinitis; the Regenerative of cartilage in osteoarthritis of the thumbs, knees and hips; and in non-surgical repair of rotator cuff tears. Published studies also show restoration and smoothing of roughened cartilage; improved range of motion; and resolution of pain in osteoarthritis of hips, knees and shoulders. Many other conditions respond to prolotherapy with PRP, including injuries to the back, neck, jaw, elbows, shoulders, hands, hips, knees, ankles, and feet.

Is Regenerative Injection Therapy Right For Me?

Regenerative Injection Therapy may be a solution if you suffer from arthritis, an injured ligament, or tendon injury and traditional methods have not provided relief. The procedure is less aggressive and less expensive than surgery. It heals tissue with minimal or no scarring and alleviates further degeneration of the tissues.

How Many Treatments Are Required?

Dr. Lazar develops a customized treatment plan for each patient. While responses to treatment vary, most patients require two injections, and some require three. These are scheduled four to six weeks apart. For more severe problems, additional injections may be necessary. Many issues are resolved with one PRP injection, and the risks and side affects do not change with the number of injections. Each patient is evaluated by Dr. Lazar to see if there is a response to the injection.

Are There Special Instructions?

Yes. You are restricted from the use of non-steriod anti-inflammatory medications (NSAIDs) one week before and two weeks after treatment. Initially, the procedure may cause some localized soreness and discomfort. Most patients only require some extra-strength Tylenol to help with the pain. Ice and heat may be applied to the area as needed.

What Should I Expect After An Injection?

After an injection treatment, there is an increasing discomfort for approximately 10 days. The positive effects of the injection do not occur for about six weeks. We recommend normal activity with no extra exercise for the first 48 hours. After 10 to 12 days, you may start light exercise without stressful activity for six weeks. Returning to stressful activity before six weeks will result in prolonged recovery of the treated tissue.