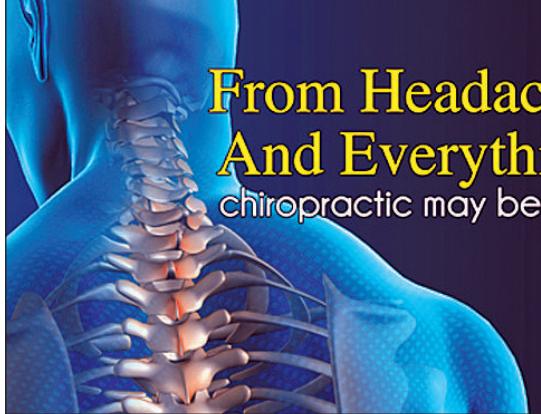


# From Headaches to Injuries And Everything Inbetween

chiropractic may be the solution you need



Complete Wellness Chiropractic offers a full range of services that provide everything you need to restore and maintain your body to its optimum health.

- Over 15 years of chiropractic and sports medicine experience
- Short term plans to alleviate immediate pain
- Long-term care plans for a lifetime of optimum wellness
- Care to alleviate more than just back pain, such as allergies, asthma, ADD, migraines, ear infections or frequent colds
- Care for the entire family (from newborns & children to seniors)

- Exercise and rehabilitation training
- Convenience: visits can last as little as 10 or 15 minutes
- Full hour therapeutic massage services
- Wellness and health education resources
- Progress reports on your wellness
- Affordable plans to meet your budget
- Knowledgeable staff to work with your insurance company to supplement your care plan costs

## Why Choose Complete Wellness Chiropractic?

We offer a full range of services to restore and maintain your body to its optimum health.

-Sports Medicine  
-Natural Medicine  
-Non-Opiate Pain Management  
-24 Hour Fitness Center  
-Digital X-ray  
-Spinal Decompression

-HydroMassage  
-Naturopathy  
-Rehabilitation  
-Massage Therapy  
-Athletic Training  
-Personal Training

-Nutritional Counsel  
-Weight Loss  
-Pediatric Care  
-Maternity Care  
-Senior Care  
-Joint Injections

- ✓ Short term plans to alleviate immediate pain
- ✓ Long-term care plans for a lifetime of optimum wellness
- ✓ Care to alleviate more than just back pain, such as allergies, asthma, ADD, migraines, ear infections or frequent colds
- ✓ Care for the entire family (from newborns & children to seniors)
- ✓ Exercise and rehabilitation training
- ✓ Affordable plans to meet your budget
- ✓ Knowledgeable staff to work with your insurance company to supplement your care plan costs



Complete Wellness  
Chiropractic  
& Rehabilitation

**270-927-1000**

Offices in Hawesville and Tell City

National award winning line of supplements and pain relief products



Dr. Adam  
Brockman



Breanna  
Smith



Dr. Shane  
Vincent

# Platelet Rich Plasma (PRP) Treatment

Platelet rich plasma, commonly referred to as "PRP", is a non-operative, permanent solution for conditions such as arthritis and ligament/tendon sprains and tears. Utilizing the body's natural healing process, PRP therapy is a concentration of platelets that are injected into the damaged ligaments, tendons, and joints to promote tissue repair and accelerate healing. Platelets are rich in growth and healing factors which means, on average, an injured individual can get back to a pain-free life in four to six weeks.

PRP was made popular by professional athletes and weekend warriors through its treatment of season-ending symptoms including swelling, stiffness, inflammation, tenderness, and pain.

### PRP Injections for Pain

American Association of orthopedic medicine

PRP injections (or platelet rich plasma therapy) is a new treatment method that relieves pain by promoting long lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fasciitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains.

### How do PRP injections help?

The body's first response to soft tissue injury is to deliver platelet cells. Packed with growth and healing factors, platelets initiate repair and attract the critical assistance of stem cells. Platelet Rich Plasma therapy's natural healing

process intensifies the body's efforts by delivering a higher concentration of platelets. To create platelet rich plasma therapy, a small sample of your blood is drawn (similar to a lab test sample) and placed in a centrifuge that spins the blood at high speeds, separating the platelets from the other components. The concentrated PRP injection is then delivered into and around the point of injury, jump-starting and significantly strengthening the body's natural healing signal. Because your own blood is used, there is no risk of a transmissible infection and a very low risk of allergic reaction.

### How long does it take to get PRP Injections?

The Platelet Rich Plasma therapy takes approximately one to two hours, including preparation and recovery time. Performed safely in a medical office, PRP injections relieve pain without the risks of surgery, general anesthesia, or hospital stays and

without a prolonged recovery. In fact, most people return to their jobs or usual activities right after the procedure.

### How often should PRP injections be given?

Up to three PRP injections may be given within a six-month time frame, usually performed two to three weeks apart. You may, however, gain considerable to complete relief after the first or second injection.

### What are the expected results of PRP Injections?

Because the goal of platelet rich plasma therapy is to resolve pain through healing, it could prove to have lasting results. Initial improvement may be seen within a few weeks, gradually increasing as the healing progresses. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.



Research studies and clinical practice have shown PRP injections to be very effective at relieving pain and returning patients to their normal lives.