



Let's Keep MOVING!

Platelet Rich Plasma Therapy (PRP)

If you are experiencing unresolved knee pain consider Platelet Rich Plasma (PRP) treatment.

Osteoarthritis is one of the leading degenerative diseases leading to total knee replacement.

Consider PRP as an option before having knee replacement surgery.

PRP Therapy- A study done by researchers from the MAYO Clinic demonstrated that PRP (Platelet Rich Plasma) "holds great promise for treating patients with knee osteoarthritis."

PRP Therapy uses platelets from your own blood. The procedure is done in my Santa Maria office and is performed by a Physician. Since this is done using your own blood PRP is customized for you. The blood drawn from your arm is placed in a centrifuge, spun down, and injected into the knee or ailing joint. The entire procedure is minimally painful and takes approximately one hour.

The goal of this treatment is to concentrate the patient's own platelets thus activating growth factors to calm the degeneration of osteoarthritis, reduce inflammation thereby creating pain reduction and hopefully stimulating new growth and healing. As we age mobility is an absolute necessity. "Let's keep moving!"

Margaret Elfering MD

is a Board Certified Orthopedic surgeon. Dr. Elfering has over 30 years of expertise diagnosing and treating orthopedic problems. She completed her orthopedic residency and internship at LA County USC Medical Center.



If you experience difficulty calling our office, please feel free to stop by to schedule a consultation.

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