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NEWS RELEASE

Are You Fed Up With Having Painful Tendonitis?

Treatments for tendonitis have changed a lot over the years and the old methods of using anti-inflammatory medicines and other pain killers and cortisone injections, while useful for some people, are not going to help many of those affected by chronic tendonitis.

For Tendonitis, the newest therapy is the opposite of cortisone injections, which act like a Band-aid. Cortisone relieves inflammation but that is not what you need... Inflammation is the body's attempt to heal. The Arthritis and Osteoporosis Center of Maryland introduces a new method for controlling inflammation in a way that leads to new tissue repair. This treatment actually helps the tendon to heal!

Mrs. Jan Borg, from Greencastle, Pennsylvania was complaining at her office visit about how no matter what she did, her Achilles tendonitis prevented her from doing the things she really enjoyed. And... it wasn't until she had had a tenotomy procedure with tissue grafting using platelet rich plasma that she finally began to be pain free. "Dr. Wei told me about a new procedure that could help relieve the pain in my foot that would not involve surgery. The pain in my foot was affecting my daily activities and my overseas travel. I could barely walk. So, the procedure took one hour. I was able and was able to stand up right away with no pain. I was so surprised. I was cautioned to take it easy, and after about two weeks I was back to my full routine. I was gardening, walking, and enjoying life."

Dr. Wei explains, "Percutaneous Tenotomy with Autologous Tissue Grafting is a minimally invasive procedure in which the tendon is carefully irritated using a small needle. Right afterwards, a small amount of platelet rich plasma obtained from the patient's blood is injected into the area. The platelet rich plasma contains multiple growth factors which stimulate tendon growth. New tendon

tissue is produced!” He continues, “There is no incision, no anesthesia effects, and recovery from the procedure is less than half of traditional same day surgery.”

For more details, contact the Arthritis and Osteoporosis Center of Maryland at 301-694-5800.

Dr. Wei is a board-certified rheumatologist and Clinical Director of the Arthritis and Osteoporosis Center of Maryland, a nationally respected arthritis research facility, located in Frederick, Maryland.

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