



**Carlo A. Messina, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



**Michael M. Cohen, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage, Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



**John D. Goodner, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



**Warren Windram, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

# INSURANCE

**MOST INSURANCES, PPO's AND MEDICARE ACCEPTED**  
*Preferred Providers Below*

## ADULT

Aetna (HMO, PPO, POS, EPO)  
 Avmed (HMO, PPO)  
 Better Health  
 Blue Cross/Blue Shield (HMO, PPO)  
 Cigna (HMO, PPO, POS)  
 GHI  
 Humana (PPO, POS, EPO)  
 Magellan  
 Medicare  
 Memorial (HMO, PPO)  
 Miccosukee  
 Multiplan  
 Network Blue (HMO, PPO)  
 Preferred Choice  
 Private Health Care System  
 Seminole Tribe  
 Tricare  
 United Health Care (HMO, PPO, POS)

## PEDIATRIC

Better Health  
 Molina  
 Staywell  
 Sunshine State  
 Wellcare

## WORKERS' COMPENSATION

AIG  
 Corvel  
 ESIS  
 FCCI  
 Gallagher Bassett  
 Hartford Ins - Specialty Risk  
 Liberty Mutual  
 Marriot  
 Publix Works Comp  
 Sedgwick  
 Travelers  
 US Department of Labor  
 Zenith Ins. Co.  
 Zurich American

**Call us to see if we participate with your plan**

Accepting Medicare  
 Accepting most HMO's and PPO's  
 Accepting Motor vehicle insurance  
 Accepting Workers Compensation  
 Second opinions and IME's  
 Outpatient and Inpatient surgery

Same day appointments  
 Emergency visits  
 Early morning appointments  
 Evening appointments  
 Letters of Protection, (LOP's)  
 Se habla Espanol

## LOCATIONS

### WESTON

1600 Town Center Blvd. • 954-389-5900

### PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

### PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

[www.SouthFloridaSportsMedicine.org](http://www.SouthFloridaSportsMedicine.org)

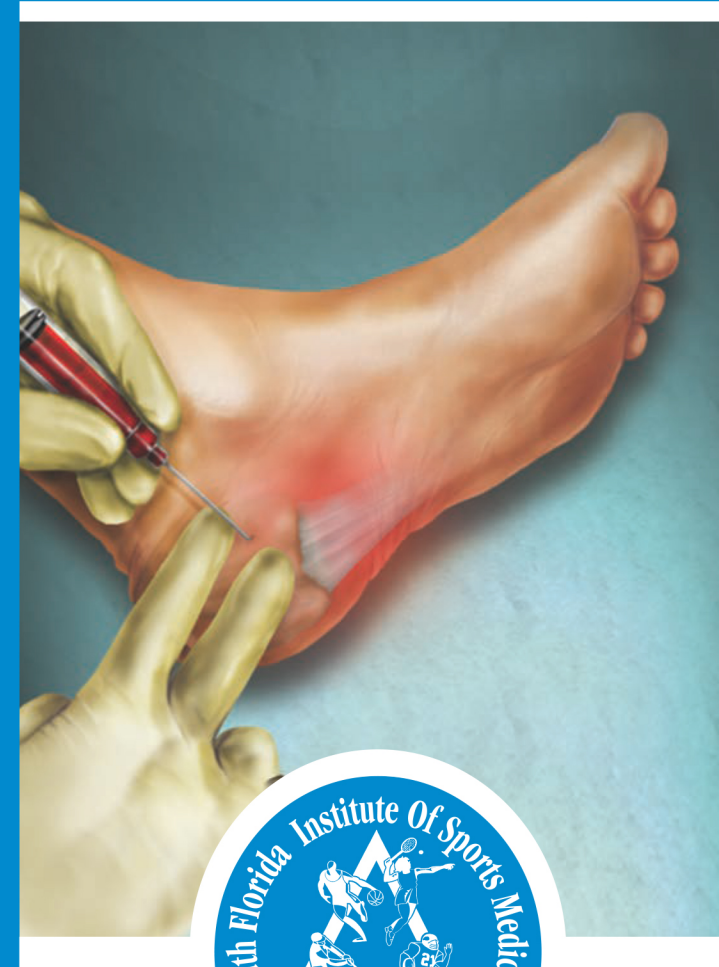


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# PLATELET RICH PLASMA (PRP)



Messina • Goodner • Cohen • Windram  
Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

# A Patient's Guide To NATURAL HEALING

# GET BACK TO DOING THE THINGS YOU ENJOY!

## Platelet Rich Plasma (PRP)

**Healing** 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 Platelet Rich Plasma (PRP)?

Platelet Rich 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.

### What conditions can it treat?

- Arthritis (Foot or Ankle)
- Ligament Injuries (Acute or Chronic)
- Joint Pain
- Chronic Inflammatory Conditions
- Achilles Tendonitis
- Plantar Fasciitis
- Chronic Nerve Irritation (Neuritis)
- Shin Splints
- Heel Spurs

### How does the PRP process work?

Our doctors 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 PRP production process is usually done in less than 20 minutes.

### What happens after that?

The injected area will be anesthetized with a local anesthetic (Lidocaine). The blood with its PRP will be injected into the area directly or with the aid of ultrasound or x-ray.

### Am I a candidate for treatment with PRP?

Speak with our specialists and ask if PRP is right for you. Your physician will perform an examination to make a determination if the use of PRP 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.

### What are the risks associated with this treatment?

PRP uses your body's own natural properties to treat your injury. Side effects utilizing PRP systems are very uncommon.

### Will my insurance cover this procedure?

While PRP treatments have been around for many years, insurance companies still consider this treatment experimental and deny coverage, despite its use on high school, college, and professional athletes in all sports. The cost for this treatment is \$525

