



Joint Pain Solution Center

Patient Education Packet

A consolidated guide including your multi-modal joint health approach, frequently asked questions, and PRP scientific study summaries.

Phone: 954-363-9080 | Web: www.JointPainSolutionCenter.com

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A Multi-Modal Approach to Restoration of Joint Health

When it comes to treating conditions like arthritis in the knees, shoulders, hips, and elbows, there is rarely a one-size-fits-all or one-and-done solution. At the Joint Pain Solution Center, we take a multi-modal, comprehensive approach designed to: to slow the progression of joint degeneration, reduce chronic and acute pain, and restore natural joint function and mobility.

This approach often combines regenerative therapies, tareted injections, biomechanical assessments, and lifestyle recommendations tailored to your individual conditon. Let's review below what you should expect during your visit(s) to our clinic.

The Steps to Getting the Joint Pain Relief You Need

The screenshots show a website layout with the following content:

- Step 1: Free Initial Consultation - No Charge, No Obligation**
During your initial consultation, we will:
 - Review your medical history.
 - Conduct a focused physical examination.
 - Review any prior imaging of the area(s) of concern.
 - Perform an on-site ultrasound evaluation of the affected area.
- Step 2: Joint Arthritis Treatment Injection**
During this visit, we will:
 - Perform an on-site ultrasound joint aspiration to remove of a small sample of joint fluid, which will be sent to a commercial lab for synovial fluid analysis, including:
 - Cell count
 - Crystal identification (if present)
 - Viscosity measurement (to assess the fluid's thickness)
 - pH measurement (to determine the acidity of the fluid)
 - Administer an ultrasound-guided joint injection tailored to your needs and treatment goals, which may include a steroid, viscosupplement, or platelet-rich plasma (PRP).
- Step 3: Muscle Tone Assessment for Joint Support**
During one of your initial visits, we will:
 - Conduct an on-site muscle tone and strength assessment of the muscles surrounding the affected joint using a dynamometer, an objective tool that quantitatively measures muscle strength.

This evaluation is a key part of your joint restoration process, as weak muscles, often due to a sedentary lifestyle, can increase the strain on joints and accelerate arthritis. Strong, toned muscles act as the body's natural shock absorbers, reducing the impact and stress on your joints.

Based on your muscle tone measurements, we will recommend targeted muscle-strengthening exercises and/or physical therapy. Follow-up assessments will be conducted throughout your treatment to ensure proper muscle strengthening and joint support.
- Step 4: Follow-Up Exam and Reassessment**
Based on your diagnosis and personalized treatment plan, follow-up visits will typically occur in 3 weeks or 3 months, though the exact timing will depend on your specific condition. During your follow-up appointment, we will evaluate your progress, reassess the treatment outcomes, and determine whether additional injections or other interventions are necessary to support your recovery.

Notes:

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Frequently Asked Questions

Payment & Insurance

Do you accept insurance? No. Most regenerative procedures (including PRP) are not covered. We offer third-party financing (Cherry Finance, CareCredit). HSA/FSA funds may be used for eligible services.

Do you take credit cards? Yes - Visa, Mastercard, and American Express. Cash accepted; personal checks not accepted.

Do you offer financing? Yes, through Cherry Finance and CareCredit (see Payment Options on our site).

Appointments & Policies

Do I need a referral? No referral is required. We can share a visit summary with your PCP or specialist upon request.

Booking for someone else? Yes. We'll collect their details and medical history to ensure suitability.

Gift cards? Yes - purchase online or in-clinic. To redeem, contact us.

Deposit policy: A deposit is required after the free consultation to hold your appointment. It's fully refundable or transferable up to 3 business days before the visit; after that, non-refundable but transferable.

Safety & Medications

PRP during pregnancy? Not recommended.

NSAIDs (Motrin, Aleve, Advil, etc.)? Generally pause 7 days before and 14 days after PRP with approval from your prescribing clinician. We provide paperwork to request clearance.

Anti-platelet meds (Aspirin, Plavix)? Generally pause 7 days before and 14 days after PRP with approval from your prescribing clinician. We provide paperwork to request clearance.

Anticoagulants (Warfarin, Xarelto, Eliquis)? Low risk when done safely with ultrasound guidance; discuss with your provider.

Radiation or contrast dyes? No. Procedures use ultrasound guidance (no ionizing radiation) and no intravascular contrast dyes.

Logistics & Privacy

How should I dress? Wear loose-fitting clothing; gowns provided if needed. Undergarments remain on.

Medical records & privacy: We retain records per regulations and can share with your providers at your request. Access is limited to authorized staff and logged.

Age & Accessibility

Age requirement: 18+.

Special accommodations: We're happy to help - contact us to discuss your needs.

Notes:

Contact & Booking

Address & Phone 6294 North Federal Highway, Fort Lauderdale, FL 33308 • Call: 954-363-9080 •
jointpainsolutioncenter.com

Booking Schedule online or call to book your free screening.

PRP Scientific Studies

PRP Injections for the Treatment of Knee Osteoarthritis: The Influence of Platelet Concentration on Clinical Outcomes

- Published in: The American Journal of Sports Medicine, 2024
- Study Type: Meta-analysis of 18 randomized controlled trials (RCTs) involving 1,995 patients
- Key Findings: PRP offered clinically relevant functional improvement at 1-, 3-, 6-, and 12-month follow-up points and pain relief at 3- and 6-month follow-up points compared with placebo. High-platelet PRP provided superior pain relief and more durable functional improvement compared with low-platelet PRP.

[Access the study:](#)

Effectiveness of Platelet-Rich Plasma in the Treatment of Knee Osteoarthritis: A Meta-analysis of Randomized Controlled Clinical Trials

- Published in: The American Journal of Sports Medicine, 2023
- Study Type: Meta-analysis of randomized controlled trials
- Key Findings: PRP demonstrated a significant advantage over hyaluronic acid, improved symptom relief, lower rates of reintervention, and more frequent achievement of the minimal clinically important difference (MCID) for pain improvement when compared with alternative nonoperative treatment options.

[Access the study:](#)

Efficacy and Safety of Platelet-Rich Plasma Injections for the Treatment of Osteoarthritis: A Meta-Analysis of Randomized Controlled Trials

- Published in: Frontiers in Medicine, 2023
- Study Type: Meta-analysis of randomized controlled trials
- Key Findings: PRP injections were effective in improving Visual Analog Scale (VAS) pain scores and Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) scores, including pain, stiffness, and functional joint motion, in patients with osteoarthritis compared with the control group. Leukocyte-poor PRP injections were more effective than leukocyte-rich PRP injections in improving pain symptoms.

[Access the study:](#)

Platelet-Rich Plasma Versus Alternative Injections for Osteoarthritis: A Meta-analysis of Randomized Controlled Trials

- Published in: The American Journal of Sports Medicine, 2023
- Study Type: Meta-analysis of randomized controlled trials
- Key Findings: PRP demonstrated a significantly higher rate of successful outcomes when compared with hyaluronic acid, as well as higher rates of patient-reported symptom relief, lower rates of reintervention, and more frequent achievement of the MCID for pain improvement when compared with all alternative nonoperative treatments.

[Access the study:](#)

Effect of Intra-articular Platelet-Rich Plasma vs Placebo Injection on Pain and Medial Tibial Cartilage Volume in Patients With Knee Osteoarthritis: The RESTORE Randomized Clinical Trial

- Published in: JAMA, 2021
- Study Type: Randomized controlled trial
- Key Findings: In this RCT, knee injections of PRP did not significantly improve knee pain or reduce medial tibial cartilage volume loss at 12-month follow-up, suggesting that PRP may not be more effective than placebo in certain patient populations

Access the study:

Conclusion

PRP is a well-researched, natural treatment that can reduce arthritis pain and improve joint function. It's especially effective in early to moderate stages of arthritis and may help you stay active and delay surgery. Because PRP uses your own platelets, the treatment is safe and well-tolerated - with minimal risk of side effects.

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Use QR code to book: