

Welcome to the Joint Pain Solution Center

Your Partner in Non-Surgical Joint Pain Relief

At Joint Pain Solution Center, we believe you shouldn't have to choose between living with chronic pain and undergoing invasive surgery. Led by a **Johns Hopkins/Sinai** trained physician with over 20 years of internal medicine experience, our practice specializes in advanced, non-surgical treatments like **Platelet-Rich Plasma (PRP) therapy** and **ultrasound-guided injections**.

Our mission is simple: to provide personalized, patient-centered care that helps you move better and naturally. We take the time to understand your unique health history, ensuring every treatment plan is as individual as your clinical presentation. Whether you are dealing with arthritis or a sports injury, our goal is to restore your function and help you return to the activities you love.

Frequently Asked Questions (FAQs)

Do I need a referral to visit the clinic?

No referral is required. Because our services are provided on a direct-pay basis and not billed through insurance, you can book a consultation directly with our team.

What makes your approach to joint injections different?

We prioritize precision and safety. All injections are performed with **ultrasound guidance**, giving our physician a clear view inside the joint during delivery. This ensures the treatment reaches the exact site of injury, leading to better results and fewer complications.

What is PRP Therapy and how does it work?

Platelet-Rich Plasma (PRP) uses a concentration of your own blood-derived platelets to stimulate the body's natural healing process. By injecting these growth factors directly into damaged or degenerative tissues, we can help reduce pain and support long-term joint health without surgery and in some cases regenerate damaged tissues such as tendons, ligaments, and menisci. Watch this video about how PRP works:



Is your care integrated with my other doctors?

Yes. While we focus on specialized joint care, we often collaborate with your primary care provider to ensure coordinated health outcomes. We can provide a clinical summary to your physician following your visit.

How soon can I expect to see results?

While some patients feel relief within a week, regenerative treatments like PRP typically show the best results over a few weeks or months as your body naturally heals. Most patients require between one and three sessions, depending on the severity of the condition.

What payment options do you offer?

We accept cash and major credit cards (Visa, Mastercard, and American Express). For your convenience, we also offer financing through third-party providers like CareCredit and Affirm. These Third-party providers can make monthly payments as low as \$50-\$100 per month.

Can I use my health spending account for these services?

Yes. Our medical services are HSA/FSA eligible services.

Do I have to place a deposit to book a procedure?

Yes. To ensure dedicated time for your care, we require a deposit to hold your scheduled appointment. You may refund or transfer this deposit up to 3 business days before your visit. After that, it is non-refundable, though we are happy to transfer it to a future date.

Time to Get Started on Your Journey of Less Joint Pain

To get started in our program, please **scan the QR code below** to complete your **New Patient Intake Form**.

Simply open your phone's camera and point it at the code – then tap the link that appears.

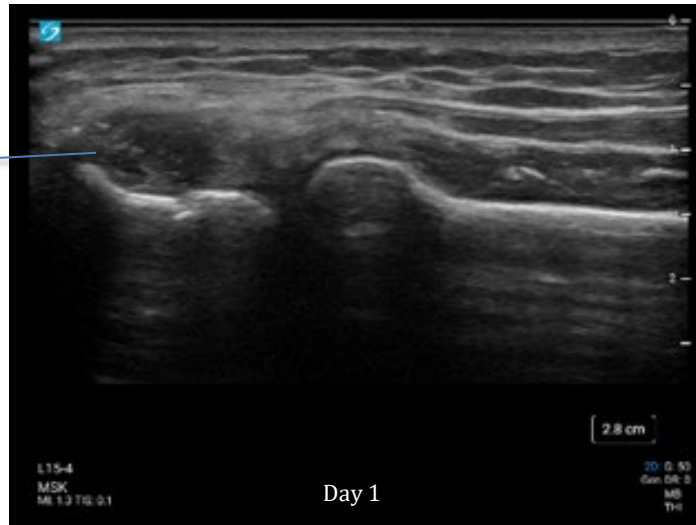


We'll see you on the other side of this form as you begin your **fresh start** with us!

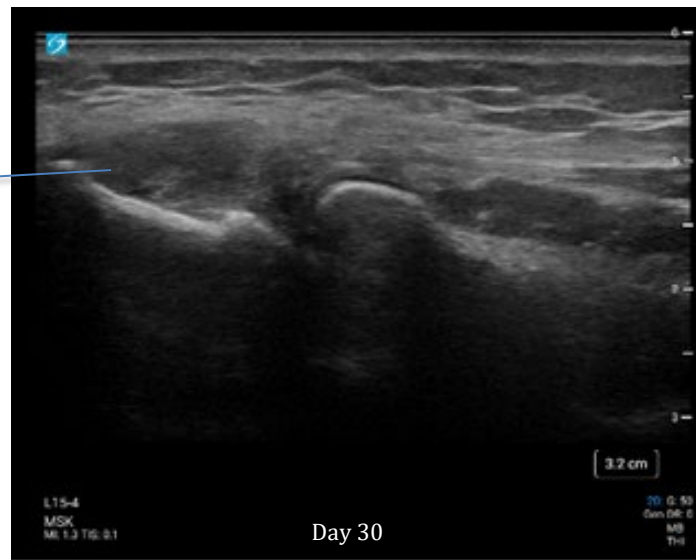
Case Study

Seeing is believing: These ultrasound images below track a patient's 3-month journey to recovery from tennis elbow. After just one PRP injection, the patient experienced remarkable healing and a return to pain-free movement.

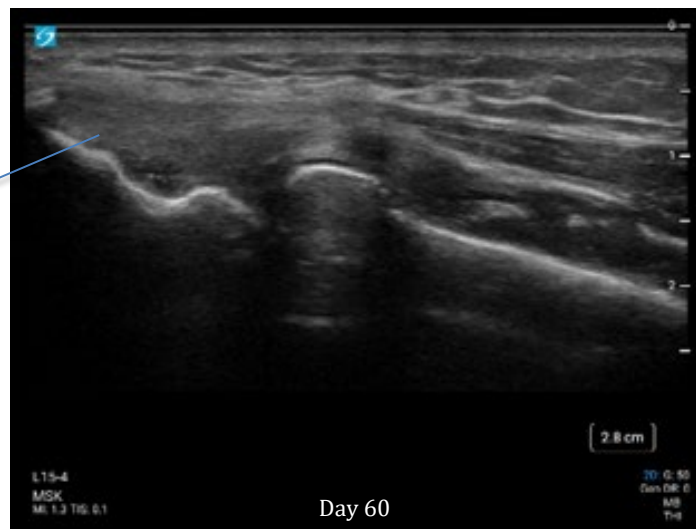
Initial area of inflammation (darkness) in the common extensor tendon.



Inflammation (darkness) resolving after 1 month and normal (gray) tendon returning.



Significant regeneration of tendon 60 days after PRP injection. This patient is fully recovered.



(Individual results may vary and each patient's experience is not a guarantee of specific outcomes.)

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

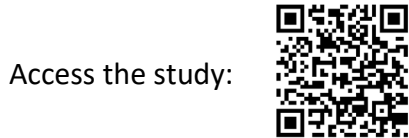
- Published in: Frontiers in Medicine, 2023
- Study Type: Meta-analysis of randomized controlled trials
- Key Findings: PRP injections were effective in improving Visual Analog Scale (VAS) pain scores and Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) scores, including pain, stiffness, 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:



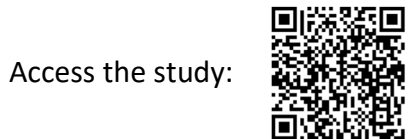
Platelet-Rich Plasma Versus Alternative Injections for Osteoarthritis: A Meta-analysis of Randomized Controlled Trials

- 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.



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



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.

Notes:

Notes (cont.):

Contact & Booking

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

- jointpainsolutioncenter.com

Use QR code to **book:**

