

# Achilles Tendinosis & Plantar Fasciitis Treatment with Recover Kit



### Needs:

- Recover Kit for Plantar Fascia/Achilles Tendon (art. nr. 800-0655)
- Local anaesthetic, 8.4% sodiumbicarbonate
- Centrifuge, buckets and counterbalance (art nr. 800-0508)
- Gauzes and disinfection solution
- Needles

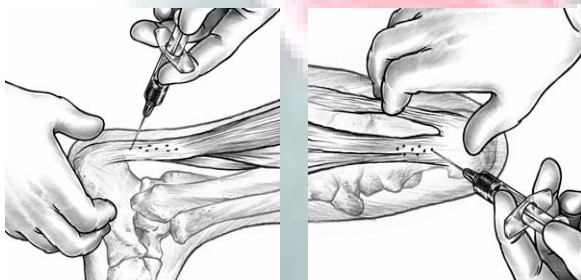
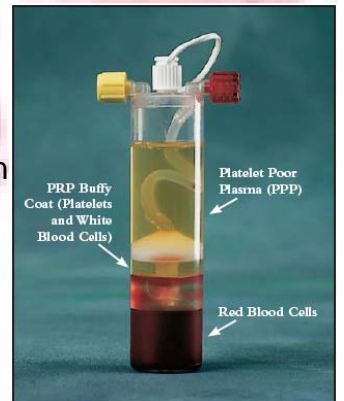
### Preparation of Platelet Rich Plasma (PRP):

- Aspirate 6 ml of ACD-A solution in a 60 ml syringe
- Aspirate 54 ml of blood into syringe pre-filled with ACD-A
- Inject blood in GPS tube in central luerlock
- Centrifuge 15 min at 3.200 rpm (+ counterbalance)
- Separation of plasma (PPP) and PRP
- Aspiration PPP through yellow luer-lock, with container upside-down
- Aspiration PRP after dissolving, through red luer-lock



### Application of Platelet Rich Plasma (PRP):

- Apply local anaesthetic in area of most tenderness.
- Wait 2-3 minutes
- Buffer PRP with sodiumbicarbonate (see table)
- Inject PRP
- Keep patient in same position for 15 minutes
- For stretching and strengthening exercises, see Recover brochure



ml of PRP	ml of 8.4% Sodium Bicarbonate Buffer
1	0.05
2	0.10
3	0.15
4	0.20
5	0.25
6	0.30