



From Athlete Rehabilitation to Osteoarthritis Solutions—New Procedures Offer Non-Surgical Options for Orthopaedic and Sports Medicine Patients

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KEVIN F. DARR, MD, a board certified orthopaedic surgeon, spends time keeping up with the latest surgical techniques. What is most interesting, however, is that Dr. Darr is also dedicating much of his time to innovative non-surgical treatment options for his patients. In recent years, he has introduced minimally invasive technologies and orthobiologic therapies that build upon the body's own healing abilities.

"Orthopaedics has changed to the point that we can offer a variety of treatment options, often in conjunction with one another, to reduce pain and increase range of motion. Treatments such as Platelet Rich Plasma (PRP) and AMP Wave™ can be used in lieu of surgery or as part of a post-surgical regimen to accelerate recovery," Dr. Darr explained.

Of the technologies at his disposal, Dr. Darr said he is most excited about the PRP procedure that has the potential to heal and regenerate tendons, ligaments and cartilage using one's own (autologous) blood. After a patient's blood is drawn, it is placed in a centrifuge, which concentrates the platelets that are used to stimulate healing once injected into the damaged tissue.

Dr. Darr's certification in Musculoskeletal Ultrasound enables him to use this ultrasound technology to ensure that PRP injections are made to the precise location of damage.

Recognizing the vast implications of orthobiologics in orthopaedics—specifically in the areas of cell therapy and osteoarthritis, Dr. Darr is currently participating in an IRB approved research study on "The Safety and Effectiveness of Cell Therapy on Pain and Inflammation Associated with Osteoarthritis."

According to Dr. Darr, the one-year study is open to adults with osteoarthritis (either from chronic injury or degeneration) whose condition has been unresponsive to standard medications. Dr. Darr is actively accepting patients into the study and patients can see if they are a candidate by contacting his office. The study is in its initial months and Dr. Darr states that "he has seen a positive response from patients involved in having a new cell therapy option through this approved study."