

Platelet-Rich Plasma

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Content

1. Introduction – What is PRP Therapy
2. PRP Massage Therapy - Repair & Restore
3. PRP + Ultrasound Therapy – Accelerated Healing
4. PRP + Hair, Skin & Scar Therapy – Regenerate Naturally

INTRODUCTION – What is PRP Therapy?

What is PRP?

PRP (Platelet-Rich Plasma) therapy is a revolutionary treatment that uses your body's own healing components — platelets and growth factors — to promote tissue regeneration, reduce inflammation, and speed up recovery.

How it Works:

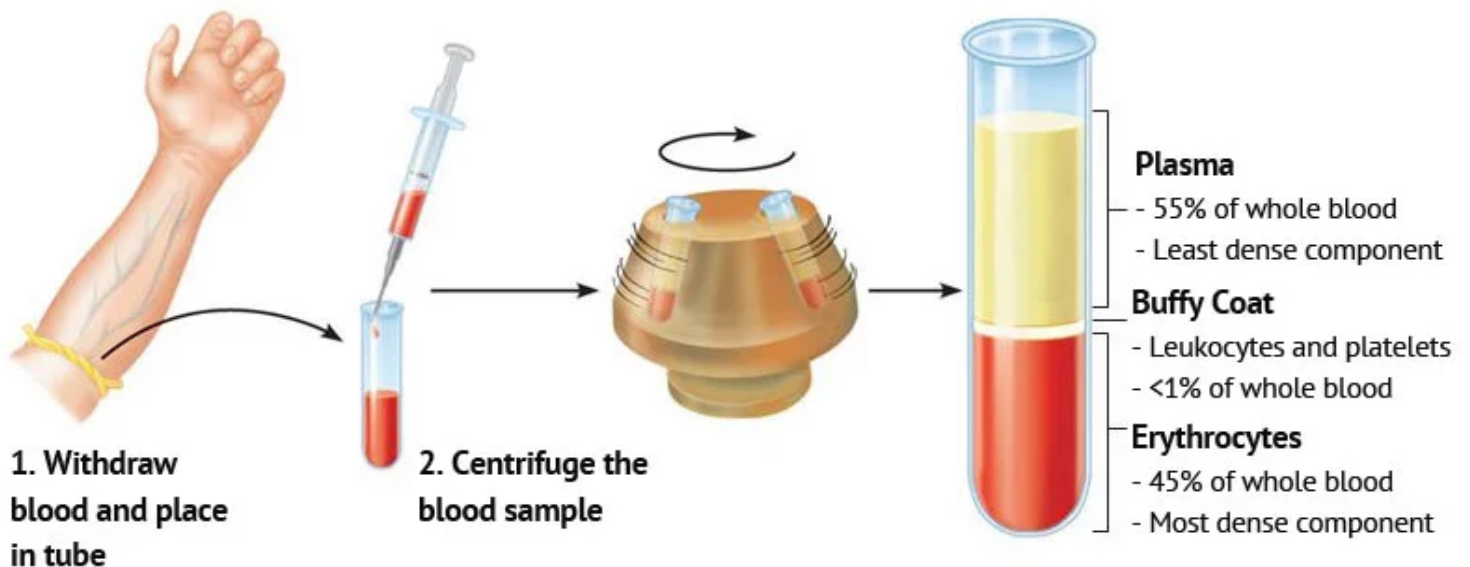
1. A small amount of your blood is drawn.
2. It's spun in a centrifuge to isolate the plasma rich in healing cells.
3. The PRP is then injected or applied to the treatment area.

What PRP Treats:

- Tendon & ligament injuries
- Chronic joint pain (e.g., knees, elbows)
- Muscle recovery
- Scar remodelling
- Skin rejuvenation
- Post-surgery recovery

Why Choose PRP?

- 100% natural and autologous (from your own body)
- Minimal risk of allergy or reaction
- Drug-free, non-surgical, and minimally invasive
- Proven results in both sports medicine & aesthetic care



PRP Massage Therapy – Repair & Restore

What it is:

A fusion of regenerative medicine and therapeutic massage. PRP is applied topically or through microneedling and gently massaged into the soft tissues to stimulate deep healing.

Ideal for:

- Muscle fatigue, microtears & strains
- General Body Pain
- Tendon or Ligament pain
- Post-workout recovery
- Chronic tension from poor posture or stress
- General rejuvenation

Benefits of PRP Massage:

- ✓ Enhances circulation and oxygen delivery
- ✓ Supports collagen regeneration in soft tissue
- ✓ Speeds healing from overuse and strain
- ✓ Reduces stiffness and tension

Procedure:

PRP is applied with gentle massage or needling tools after a short preparation process. No downtime.

Price:

£175 per session

Recommended Sessions:

3–6 sessions for full effect



PRP + Ultrasound Therapy – Accelerated Healing

What it is:

This treatment combines the healing power of PRP with **therapeutic ultrasound**, a non-invasive technique that uses sound waves to penetrate deep into tissues. Together, they stimulate cellular repair, reduce inflammation, and promote natural regeneration — all without the need for needles or injections.

How It Works:

1. PRP is prepared from your own blood
2. It's applied topically to the target area (muscle, joint, or tendon)
3. Ultrasound therapy is then used to drive the PRP deeper into tissues, enhance circulation, and activate cellular repair

Ideal for:

- Muscle strains and microtears
- Overuse injuries
- Mild tendon inflammation
- Delayed healing after injury
- Post-surgical recovery
- Sensitive patients who prefer non-injection therapies

Benefits of PRP + Ultrasound Therapy:

- ✓ Non-invasive & pain-free
- ✓ Enhances delivery and absorption of PRP
- ✓ Stimulates deep tissue healing
- ✓ Reduces swelling, stiffness, and pain
- ✓ Increases cellular activity and blood flow

Procedure:

After preparing the PRP, our practitioner applies it over the target area, followed by therapeutic ultrasound treatment. No downtime — you can return to your day immediately after.

Price:

£200 per session

Recommended:

3–5 sessions depending on condition



PRP + Hair, Skin & Scar Therapy – Regenerate Naturally

What it is:

This treatment combines PRP with techniques like microneedling or gentle subdermal application to restore skin health, remodel scar tissue & stimulating natural hair growth. PRP's natural growth factors stimulate collagen, improve skin texture, and soften visible scarring — all with minimal downtime.

How It Works:

1. We extract and process your PRP from a small blood sample
2. It's applied directly to the skin or scarred area
3. Microneedling or light subdermal injections help PRP penetrate and activate the repair process deep within the skin

Ideal for:

- Acne scars and pitted skin
- Stretch marks
- Surgical or injury-related scars
- Uneven skin texture and tone
- Early signs of aging
- Dull or thinning skin / hair

Benefits of PRP + Hair, Skin & Scar Therapy:

- ✓ Improves collagen and elastin production
- ✓ Fades scars and reduces pigmentation
- ✓ Tightens, plumps, and revitalizes skin
- ✓ Enhances skin tone and glow
- ✓ Uses your body's own regenerative power
- ✓ Encourages stronger, thicker hair growth

Procedure:

A topical numbing cream is applied for comfort. Depending on the area and concern, we use either microneedling or fine injections to apply the PRP. Minimal redness or sensitivity may last 24–48 hours.

Price:

£250 per session

Recommended:

3-5 sessions, monthly intervals

