

OPTIMAL Pain & Regenerative Medicine Brings Cutting Edge Platelet Rich Plasma (PRP) and Bone Marrow Aspirate Concentrate (BMAC) Therapies to Dallas-Forth Worth

Regenerative therapies offer new hope to patients suffering from back pain and sports related injuries. By utilizing a patient's own blood and bone marrow, these treatments can relieve pain and jumpstart the healing process.

Forth Worth, Texas ([PRWEB](#)) February 25, 2015 -- Board Certified Anesthesiology and Pain Medicine physicians, [Scott Berlin, M.D.](#), [Andrew Cottingham, M.D.](#), and [Michael Scott Phillips, M.D.](#) have created a new division of Pinnacle Pain Medicine offering state of the art biologic therapies to the Dallas-Ft. Worth Metroplex. The new division, called [OPTIMAL Pain & Regenerative Medicine](#), will provide pain management and regenerative therapies at offices in Alliance, Arlington, Burleson, Cleburne and Ft. Worth. These therapies, - Platelet Rich Plasma (PRP) and Bone Marrow Aspirate Concentrate (BMAC) - are used to treat neck and back pain, arthritis, joint and soft-tissue injuries and sports related injuries.

It is estimated that 116 million American adults will suffer from some degree of chronic pain during their lives. Since pain is debilitating both physically and emotionally, it is important to manage it the right way. Traditionally, patients seeking relief from pain are treated with injection/interventional therapy, implantable therapies, medication management and physical therapy.

For patients whose pain cannot be successfully managed with these treatments and therapies, [Regenerative Medicine](#) may offer new hope. OPTIMAL currently offers two forms of regenerative treatments, platelet-rich plasma (PRP) and bone marrow aspirate concentrate (BMAC). PRP and BMAC are both non-surgical treatment options that use the body's natural healing abilities to accelerate the treatment of back pain, joint, tendon and ligament injuries.

Platelet-Rich Plasma, commonly known as PRP, is an advanced regenerative therapy that uses the patient's own blood components to help rebuild damaged tissue. First, blood is drawn and separated by a centrifuge device to create a concentrate of platelets in plasma. This platelet concentrate contains multiple growth factors that are essential in inducing and accelerating tissue repair and regeneration. Using the most advanced tissue guidance with ultrasound, the PRP concentrate is then injected into the damaged areas including connective tissues, bone, and hyaline cartilages to expedite the development of new blood vessels necessary for tissue healing.

A more advanced form of regenerative therapy is bone marrow aspirate concentrate, BMAC. Through a simple outpatient procedure, BMAC involves the removal of the patient's own bone marrow from the pelvic bones (Iliac crest). This bone marrow is concentrated to contain all of the growth and healing factors that are contained in PRP, along with concentrated "pluripotent" (stem-like) nucleated cells that further contribute to the regenerative process. BMAC is used to help regenerate joint cartilage and spinal discs and may significantly speed the healing process for other injuries. It is often used in cases with significant tissue damage, or when other types of regenerative therapies have failed.

Regenerative medicine is on the forefront of innovative treatment. To date, many professional athletes, amateur and collegiate athletes around that world have been successfully treated with PRP and BMAC. If you are



interested in exploring the treatment options for regenerative medicine, please contact us at 817-472-2140 or visit our website at OptimalDFW.com.

About Our Doctors

Drs. Scott Berlin, Andrew Cottingham and Michael Phillips are all double board certified in anesthesiology and pain medicine. Dr. Berlin was the first practitioner in Dallas to implant a fully implantable dual lead spinal cord stimulator system, which has now become the standard of care. Dr. Cottingham has been working exclusively in pain medicine since 2003, by providing comprehensive interventional pain therapies to patient in North Texas. Dr. Phillips began practicing both anesthesiology and pain medicine in 1999 and began practicing pain medicine exclusively in 2007. Dr. Phillips was the first physician in the Dallas-Fort Worth area to perform the intradiscal BMAC procedure.



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