



**Sievers
Sports
Medicine**

JULY 2024

NEWSLETTER



Don't Let Joint Pain Ruin Your Summer Vacation!

Find Relief with PRP and Stem Cell Injections

No one wants to deal with persistent pain at any time of year—but dealing with it during the summer months can be downright frustrating! Joint pain can make travel more difficult and prevent you from enjoying your vacation days to the fullest.

Fortunately, the team at Sievers Sports Medicine is here to help with our regenerative therapy services. We offer two types of joint injections: PRP (platelet-rich plasma) and stem cell injections. Both use your body's natural healing processes to facilitate recovery, reduce pain, and improve mobility.

Whether you're recovering from a sports injury or living with arthritis, our regenerative medicine injections can help you find relief so you don't miss out on your favorite summer activities.

Keep reading to learn more about these state-of-the-art treatment methods—or give us a call to speak to our friendly staff!

What Conditions Can Benefit?

At Sievers Sports Medicine, we use both PRP and stem cell injections to help people with several common (but painful) musculoskeletal conditions and injuries, including the following:

- Muscles or tendon strains, such as rotator cuff tears or tennis elbow

- Sprains, such as a sprained ankle
- Plantar fasciitis
- Tendonitis (inflammation of the tendons)
- Osteoarthritis

When you visit us, we'll perform a comprehensive exam to help us determine whether you'll benefit more from a PRP or stem cell injection.

The Basics: Platelet-Rich Plasma Injections

Platelets are a type of blood cell. They cause your blood to clot when you cut yourself, and they also play a crucial role in your body's ability to heal and regenerate after a wound. Plasma is the liquid part of your blood.

Platelet-rich plasma, then, is plasma that's been enriched with platelets. Injecting plasma with a high concentration of platelets into an injured area helps the body's natural healing processes, which can lead to a quicker recovery and reduced pain.

So, how do we produce platelet-rich plasma? We start with you! We create a PRP injection by drawing a vial of your blood and then isolating and concentrating the platelet rich plasma. The result is a treatment injection crafted from your own body's healing properties.

[CLICK HERE TO GET ON OUR SCHEDULE & START YOUR HEALING JOURNEY.](#)

Serving the Community

Dr. Sievers demonstrated unwavering support by attending the state track meet to rally behind our Portales High School pole vaulters. His presence ensured the team felt physically prepared throughout the competition.



Sievers Sports Medicine

CLICK HERE TO GET ON OUR SCHEDULE TODAY!

The Basics: Stem Cell Injections

Stem cells are another type of cell with regenerative factors. Specifically, they can create new cells in existing tissue, which can help repair damage, leading to quicker recovery times and reduced pain.

These are different from PRP injections because instead of using your own cells, we use umbilical stem cells to inject into the injury site. This process is faster and generally more affordable than other types of stem cell injections.

The Basics: Understanding the Injection Process

We know that injections can be intimidating, but our dedicated team will work hard to make the process as comfortable as possible.

We'll let you know if there's anything you need to do beforehand (such as pausing certain medications). Otherwise, there's little you need to do to prepare.

Generally speaking, an injection appointment will take about an hour. We'll start by harvesting and processing the necessary materials.

Once they're ready, we'll numb the injection site and use ultrasound technology to "see" inside your body as we guide

the injection into place. This ensures treatment accuracy but can also make the process more comfortable for you.

We'll then guide you on what to do afterward—this will vary based on your specific injury, how far along you are in recovery, and other factors.

You'll likely need multiple injections before you start to experience benefits. We can also refer you to a physical therapist, as regenerative therapy works best when combined with therapeutic exercise and other PT interventions.

Get Summer-Ready with Regenerative Therapy!

Whether it's from an injury or a chronic condition, persistent pain and restricted mobility make it hard to stay active and enjoy all that summer has to offer. The sooner you can begin your PRP or stem cell therapy at Sievers Sports Medicine, the sooner you'll return to the activities you love—whether hiking a local trail or day-tripping to a nearby lake.

So don't delay—call our offices and schedule your initial consultation!

Sources: <https://journals.sagepub.com/doi/full/10.1177/1947603520931170> • <https://link.springer.com/article/10.1007/s43465-020-00349-3> • <https://link.springer.com/article/10.1007/s00402-019-03267-8>



Sievers Sports Medicine

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PATIENT SUCCESS



“My name is Dr. Richard Park. I am a veterinarian for dairy cows. I have been in practice for 36 years. In 2005 I had a kick to my left knee from a cow that did damage, and in following years had other kicks to the left knee that created further damage and at some point ruptured my ACL. In 2013 after going to Sievers Sports Medicine Clinic, I started receiving platelet rich plasma injections in my left knee. I did this because I wanted to delay knee replacement surgery as long as I could because of fears that it would affect my career because of recovery time. I feel the platelet plasma injection delayed the need for knee replacement surgery very successfully. In 2022 I decided to get my knee replaced and the surgery went very well. I am grateful for the clinic’s use of platelet rich plasma in maintaining the working ability of my knee until knee replacement was needed. Since 2022 I received an injection in my right knee about every 6 to 10 months to offset age related degeneration of the knee. I feel that this has worked very well and has maintained a good comfort level in my right knee.”

– Dr. Richard Park

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HEALTHY RECIPE

Sushi Bowls



Ingredients:

- 2 c short grain white rice
- 2 c water
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 tsp salt
- 8 oz imitation crab
- 1 carrot
- 1 cucumber
- 1 avocado
- 1 pack nori snack
- 1 tbsp sesame seeds
- 4 tbsp mayonnaise
- 2 tbsp sriracha

Directions: Place the uncooked short grain rice in a medium sauce pot. Rinse the rice well and drain off as much water as possible. Add 2 cups of fresh water, place a lid on the pot, and bring to a boil over high heat. Once boiling, turn the heat down to low and let simmer for 15 minutes. After 15 minutes, turn the heat off and let the rice rest, undisturbed and with the lid in place, for 10 additional minutes. To prepare the sushi rice dressing, combine the rice vinegar, sugar, and salt in a small bowl. Stir until the sugar is dissolved. If needed, microwave for 15-30 seconds to help the sugar dissolve. While the rice is cooking, prepare the toppings. Shred or chop the imitation crab, shred or julienne the carrot, slice the avocado, slice the cucumber, and break the nori snacks into smaller pieces. Stir together the mayonnaise and sriracha in a small bowl. When the rice is finished cooking, sprinkle about 1/4 of the vinegar dressing over the rice, then gently fold or stir the rice to combine. Repeat the process until all of the vinegar dressing has been incorporated into the rice. To build your sushi bowls, place about 1 cup of the seasoned sushi rice in a bowl, then top with crab stick, carrot, cucumber, avocado, a few pieces of nori, a pinch of sesame seeds, and a drizzle of the sriracha mayo.

SHARE THE PATH TO BETTER HEALTH!

Do you have loved ones that have trouble:

- Moving Without Pain
- Bending & Moving Freely
- Balancing Confidently & Securely
- Sitting For Long Periods
- Walking For Long Distances
- Living Active & Healthy

Who do you know who needs our help? We appreciate your confidence and will do our best to help those you refer meet their health and rehab goals. Thank you to all of our friends who refer others to us!



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