



IMTRA - Instituto Madrileño de Traumatología- Incoma Medical Centre in Madrid - Dr Enrique Galindo Andujar

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Human Growth Factors Treatments - Plasma Rich in Growth Factors (PRGF) (PRP)

Treatment with human growth factors in Madrid Spain IMTRA Incoma Doctor Enrique Galindo Andujar. Chronic tendonitis, sports injuries, cartilage injuries, fibromyalgia, myofascial syndrome, fractures and degenerative joint lesions.

Human growth Factors - Basic medical information and patient guidance

Contribution of autologous growth factors in platelet-derived pathologies trauma.

Platelet Rich Plasma Treatment For Regenerative Tissue

Growth factors from your own body can help accelerate the natural process of wound healing, tissue regeneration in cases such as:

Skin

Ulcers, burns, abrasions and scars;

Bones

Fractures and fissures, cartilage (pain and degeneration);

Muscle

Cracks and tears;

Tendons

Degenerative or traumatic inflammation processes... etc.

What Are Growth Factors?

Growth factors are a soluble protein contained in platelets responsible for transmitting signals to the cells telling them to begin to form new tissue. This will initiate the healing process of connective tissue, the process of regeneration and repair of bone, promoting the development of new blood vessels and stimulating the wound healing process.

Where can growth factors contribute to patient healing?

Dr Enrique Galindo Andujar and the IMTRA Incoma clinic in Madrid Spain carries out treatments with growth factors in the following cases:

Chronic tendinitis

Being able to reverse in some cases local inflammatory processes and thus also reduce pain. It gives very good results in Achilles tendonitis, plantar fasciitis and epicondylitis (otherwise known as tennis elbow).

Sports injuries

Such as muscle or tendon injuries and ligament injuries of any joint, reducing downtimes of professional and amateur athletes, sportsmen and sportswomen.

Cartilage injuries

This application has been developed in recent years.

Pain trigger points

In conditions such as fibromyalgia or myofascial syndrome, where there is widespread muscle pain.

Fractures

Contributing positively to the consolidation of the fractured bone.

Degenerative joint injuries

Contributing positively in the case of degenerative joint injuries.

Can Platelet rich plasma be used in my medical case?

The use of platelet rich plasma is considered as a revolution and is among the most advanced and innovative healing and tissue regeneration therapies. It can be used in many types of tissues and in many types of diseases and patients, but it should be the medical specialist who decides and who provides guidance on what is the best type of treatment for you. Ask your

doctor for this revolutionary treatment and he will give you the precise details for your specific case. In the IMTRA Incoma clinic we provide medical advice to existing and new patients considering Growth Factors as a treatment option for their medical issue(s).

How are growth factors obtained?

For some time collection systems requiring specialized personnel with a number of devices that were used only by surgeons in operating rooms. Today obtaining blood plasma can be carried out by a specialist doctor or nurse, obtaining plasma under optimal conditions for use in regeneration without surgery and with very small volumes of blood compared to the old systems, in accordance with official European Union guidelines. The process starts by extracting 20ml to 40ml of blood. The blood is centrifuged to separate the blood components. After separation the extraction of plasma is carried out. When the doctor has rich plasma, he/she activates it for immediate application in the joint, tendon, wound, fracture, burn, etc. This process may last 15 to 20 minutes and the effects can be checked in a few weeks. It is recommended to undergo at least three sessions to achieve the desired effect.

Why is it a treatment method preferred by many medical specialists?

- There is no repulsion or infection of any kind.
- It is easy and almost painless to obtain from the patient.
- It can be combined with synthetic or natural materials for combined effects.
- It is a medical tool that:
 - provides a low rate of inflammation;
 - reduces the sensation of pain;
 - reduces bleeding;
 - reduces healing time;
 - reduces bruising;
- increases adhesion between tissues
- it is relatively very affordable; and
- takes little time in preparation and application.

Is platelet rich plasma safe?

It is plasma obtained from a small volume of blood from the patient to be treated, during surgery or just before its application. The safety of use is 100% for the same patient, preventing disease transmission and is obtained via special equipment thus avoiding external contamination.

How many infiltrations are needed?

At IMTRA Incoma we recommend three sessions, each separated by about 7 days.

Treatment with growth factors specialist clinic in Madrid Spain IMTRA Incoma with consultant Doctor Enrique Galindo Andujar and team of fully qualified medical specialists. Chronic

tendinitis, sports injuries, cartilage lesions, fibromyalgia, myofascial syndrome fractures and degenerative joint lesions.

Obtaining Plasma Rich in Growth Factors (PRGF)

Plasma Rich in Growth Factors (PRGF) is a novel and relatively recent technique applicable to tissue repair. It consists of platelet proteins obtained from a blood sample of the patient. In the scope of Traumatology and Orthopaedics, the application of PRGF improves the evolution of patients with tissue regenerative necessities in different pathologies such as:

- To accelerate bone healing in the postoperative period,
- To decrease pain and improved mobility in incipient osteoarthritis,
- To improve the healing of tendon injuries,
- Wounds healing, etc.

The effects of PRGF on the cells of organisms are:

- Proliferation of osteoblasts (cells that help with bone formation)
- Proliferation of fibroblasts (cells that help with soft tissue formation)
- Chemotaxis (movement to specific point of injury)
- Synthesis of extracellular matrix (tissue repair).

The process of obtaining PRGF has several phases:

- 1.- Extraction of blood (venous puncture)
- 2.- Cell separation (centrifugation)
- 3.- Catching and activating the serum with highest concentration of platelet rich growth factors (PRGF).
- 4.- Application to the patient (surgery intraoperative in the Hospital or intrarticular, on the tendon injury, etc. in the clinic)

In the IMTRA INCOMA Clinic, the preparation of the rich plasma in growth factors is made with the latest technology. We use a laminar airflow cabinet to separate the two different serum - the serum which poor in growth factors from the serum which rich in growth factors. This cabinet is designed to prevent air contamination of biological samples having a system where air is drawn through a HEPA filter and provides clean air to the work area.

After a study of your pathology in the IMTRA INCOMA Clinic, Dr Enrique Galindo Andújar may treat you with rich plasma in growth factors.

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Other services provided by the IMTRA Incoma Clinic

The other services of the IMTRA Incoma clinic include:

Traumatology and Orthopedics

The Madrid Institute of Traumatology (Instituto Madrileño de Traumatología - IMTRA - Incoma) has a team of specialists led by Dr. Enrique Galindo Andújar, providing the highest level of medical services to patients in the field of orthopedic surgery and traumatology.

Arthroscopy

Arthroscopy is a minimally invasive surgical procedure. It allows us to inspect, diagnose and treat any damage to a joint. The advantages over traditional open surgery are that the joint does not have to be fully opened up.

Fully Open High Field Magnetic Resonance Imaging MRI scanning

Treatments with resonance results in just 48 hours. IMTRA Incoma in its clinic in Madrid, Spain offers fully open high field MRI (Magnetic resonance imaging) which offers unparalleled picture quality and greater patient comfort. With a field of 1.0 Tesla, superior even to some closed resonances, IMTRA Incoma is able to obtain very high quality images, almost without noise, in only about 20 minutes, whilst the patient is sitting comfortably. This fully open MRI scanner combines the latest cutting edge technology in image quality (the images obtained have a definition like a conventional closed MRI: 1 Tesla) together with maximum comfort for the patient because he or she can just sit comfortably in a chair outside the machine, and so only entering the limb to be analyzed within the receiving antenna. IMTRA Incoma obtains very accurate images of the arm, including the elbow, wrist and hand, or of the leg, including the knee, ankle and foot getting the image quality and consistency you would get with a more powerful magnet, thanks to the patient moving less and as the antenna better fits around the joint.

HBOT Hyperbaric Oxygen Therapy

Hyperbaric medicine, also known as Hyperbaric Oxygen Therapy (HBOT), is the medical use of oxygen at a level higher than atmospheric pressure, in a hyperbaric chamber. The hyperbaric chamber that we have in our medical center, is one of the most modern monoplace chamber. It is at the disposal of athletes and patients. The medical and sports uses of the hyperbaric chamber are:

- Decompression sickness (divers, aviator, etc.)
- Treatment of sports and athletic injuries and sports performance enhancement:
 - o Prevention and treatment of injuries caused during sports and exercise;
 - o Physical preparation of the athlete, sportsman, sportswoman for high level performance;
 - o Increase exercise tolerance;
 - o Treatment of and speeded up recuperation from overtraining (when the intensity of the exercise has exceeded the recovery capacity of the athlete);
- Treatment of cases of delayed healing of wounds, fractures and other injuries;
- Carbon monoxide or cyanide poisoning;
- Sudden hearing loss, central retinal artery occlusion, ischemic encephalopathy, etc.;
- Gas gangrene.

The benefits of the hyperbaric oxygen therapy are:

- Hyper oxygenation (restoring oxygen to depleted cells and tissues);
- Help to clean toxic gases;
- Assisting in the growth of new blood vessels;
- Formation of collagen and new tissue growth;
- Enhanced white blood cell's increased ability to destroy bacteria and fungi;
- Reduce swelling, inflammation, bruising, infection, scarring and recovery time from surgery and injury.

Human Growth Factors Treatments

Treatment with growth factors specialist clinic in Madrid Spain for treatments for Chronic tendonitis, sports injuries, cartilage injuries, fibromyalgia, myofascial syndrome, fractures and degenerative joint lesions. Dr Enrique Galindo Andujar and the IMTRA Incoma clinic in Madrid Spain carries out treatments with growth factors in the following cases: Chronic tendinitis Being able to reverse in some cases local inflammatory processes and thus also reduce pain. It gives very good results in Achilles tendonitis, plantar fasciitis and epicondylitis (otherwise known as tennis elbow). Sports injuries Such as muscle or tendon injuries and ligament injuries of any joint, reducing downtimes of professional and amateur athletes, sportsmen and sportswomen. Cartilage injuries - Pain trigger points In conditions such as fibromyalgia or myofascial syndrome, where there is widespread muscle pain. Fractures Contributing positively to the consolidation of the fractured bone. Degenerative joint injuries Contributing positively in the case of degenerative joint injuries.

Physiotherapy and Rehabilitation

The IMTRA Incoma physiotherapy and rehabilitation center in Madrid has vast experience in this sector, achieved after 20 years of experience. The clinic works with private patients, patients from the leading medical and mutual insurance companies in Spain and patients referred from the Spanish Social Security. All our physiotherapists are fully qualified and certified professionals and have extensive individual and group session timetable availability slots that can be adapted to best suit your professional and personal schedule.

Physio-Pilates / Pilates

For private patients we offer exclusive personalized treatment programs and now also Pilates and PhysioPilates sessions including after-work Pilates classes on weekday evenings.

Clinical Psychology

Clinical psychology, adult, child, anxiety, couple, addictive behaviors, phobias, stress, depression, low self-esteem, eating disorders, obsessions, problems of adjustment to bereavement, personality disorders, fears, jealousy, shyness, phobias, anxiety, depression, behaviour problems, social skills. Wellness and conflict resolution - Clinical psychology IMTRA Incoma's specialist psychologist José Luis Muñoz Blanco helps individuals, families and couples solve problems and resolve conflicts. His principal areas of specialisation include: • Adults: - Anxiety, phobias, stress, depression, self-esteem, eating disorders, obsessions, problems of adjustment to bereavement, personality disorders. • Children and teenagers: - Fear, jealousy, shyness, phobias, anxiety, depression, behavior problems, social skills. • Couples: - Decision-making, communication, conflict resolution, negotiation skills. • Addictive behaviour.

Advanced Rehabilitation

Conventional Radiology

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Dental Surgery

The Incoma dental practice prides itself on the kind of warmth of treatment that you can only get from a personalised, individual service that cannot be offered by franchises or the low cost dental practices. Incoma and Dr Beatriz Galindo guarantee you the peace of mind that you can only get from a truly experienced and professional who will always be there both for you and for your family. Patients can relax knowing that all operations are performed or personally supervised by Dr. Beatriz Galindo, who is not only one of Spain's leading dentists but also a well respected university professor for the master's course in dental surgery and implants at the Universidad Alfonso X in Madrid. Treatments offered by the Incoma dental surgery and Dr. Beatriz Galindo include: Periodontics Endodontics Pediatric dentistry Maxillofacial surgery Orthodontics Dental implants Dental prosthetics Oral pathology and also cosmetic dentistry such as: Dental whitening Veneers / porcelain crowns Modeling with composite aesthetic contouring Dental rejuvenation Cosmetic surgery of the gums Veneers / temporary crowns.

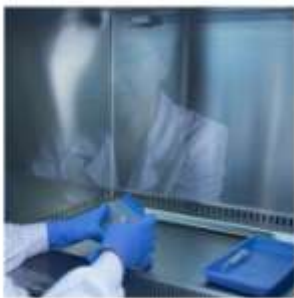
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Doctor Enrique Galindo Andujar Traumatology, orthopedic surgery and arthroscopy specialist with clinic in Madrid Spain. Surgeon specialised in shoulder, elbow, wrist, hip, knee, ankle and foot surgery.

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Websites in English:

<http://www.enriquegalindo.net/>

<http://www.enriquegalindo.eu/>

Websites in Spanish:

<http://www.enriquegalindo.info/>
<http://www.enriquegalindo.biz/>
<http://www.imtra.eu/>
<http://www.incoma.info/>

Twitter:

<https://twitter.com/enriquegalindoa>
<https://twitter.com/imtraincoma>

Blogs in English:

<http://drenriquegalindo.blogspot.com.es/>
<http://rehabilitationmadrid.blogspot.com.es/>
<http://arthroscopysurgeon.blogspot.com.es/>
<http://growthfactortherapy.blogspot.com.es/>
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Blogs in Spanish:

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Other blogs:

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<http://www.scoop.it/t/doctor-enrique-galindo-andujar>
<http://about.me/doctorenriquegalindoandujar>
<http://www.slideshare.net/EnriqueGalindoAnduja>

Video Channels:

<https://www.youtube.com/channel/UCp-xYqW2tUpbcCNUdN908g>
<https://www.youtube.com/channel/UChIgc4wVUN2g13PKZ19exLg/feed>

<https://vimeo.com/user33145267>

Audio channels and podcasts:

<https://soundcloud.com/imtra>

<https://audioboo.fm/imtra>

LinkedIn and professional networks:

<https://www.linkedin.com/pub/enrique-galindo-andujar/23/a75/718>

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Facebook pages:

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Services of the clinic IMTRA INCOMA :

Traumatology (pathology of the hip, knee, ankle, foot shoulder, elbow and wrist) -
Contribution of human growth factors in platelet-derived pathologies - Rehabilitation from
Traumatology - Physiotherapy - Conventional Radiology - Fully Open Magnetic Resonance
Scanning for extremities (MRI Scan) - Hyperbaric Oxygen Therapy Chamber - Arthroscopy -
Orthopedic Surgery - Dental Surgery - Psychologist Consultations - Advanced Rehabilitation.

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