

***News Release***

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FOR IMMEDIATE RELEASE

**Alternative Treatment Keeps Local Marathoner Running**

*Local orthopaedic practice offers promising blood treatment for tendon repair*

MOBILE, Ala. (January 2013) – Successful PRP treatment, like that used by Kobe Bryant and Alex Rodriguez, has returned one local marathon runner to the races after suffering from foot pain for nearly eight months.

An avid runner for the past 10 years, Mobile resident Ben Stimpson has competed in 29 marathons, successfully completing the Boston Marathon four times. However, Stimpson's dedicated training and exercise regimen came to a halt when he developed severe plantar fasciitis, inflaming the thick tissue on the bottom of his feet.

"I couldn't run at all," Stimpson says. "The pain was so bad, I had to use crutches when getting out of bed at night."

After trying every other nonsurgical treatment method with no success, [Dr. Jeffrey M. Conrad](#), sports medicine doctor at [The Orthopaedic Group, P.C.](#), suggested platelet-rich plasma therapy, or PRP therapy, a nonsurgical treatment method that uses the body's own healing potential by isolating the growth-enhancing platelets within the patient's blood.

"I took a small amount of Stimpson's blood and rotated it in a centrifuge to separate and concentrate the platelets, which were then injected into his feet," explains Dr. Conrad. "We've learned that platelets release growth factors, which stimulate repair and heal the tendon."

Within one week of treatment, Stimpson was back to low activity, walking pain-free and beginning physical therapy. Now, nearly four months after treatment, he's successfully completed a 10K and returned to his marathon-training schedule.

For more information on PRP therapy, contact The Orthopaedic Group, P.C.'s sports medicine doctors by calling (251) 450-2746.

The Orthopaedic Group, P.C., is the largest private orthopaedic practice in the area. With 10 locations throughout Alabama, The Orthopaedic Group, P.C., has been recognized as the Gulf Coast's leader in orthopaedic care for more than 40 years. The practice's fellowship-trained doctors offer specialized care in the following areas: shoulder, hand and upper extremity, spine, hip, knee, foot and ankle and sports medicine. The Orthopaedic Group, P.C., proudly serves as team doctors for the University of Mobile, Spring Hill College and numerous local high schools. The practice's sports medicine experts also serve athletes who participate in the GoDaddy.com Bowl and Senior Bowl. For more information regarding the practice, visit [www.TheOrthoGroup.com](http://www.TheOrthoGroup.com).