

I had chronic pain in both elbows, over one year in duration. The pain was getting worse, and impeding me both at work and play. Nothing I tried helped the condition, including anti-inflammatories, linaments, and braces. I finally made an appointment with Dr. Tracy, and after careful examination and X-rays, he diagnosed it as tennis elbow. Dr. Tracy assured me the condition was difficult to cure, and no single treatment worked well for everyone. After considering the options of surgery, steroid injections, and PRP, I chose the PRP, a type of stem cell therapy using cells harvested from your own blood. It is a novel treatment not covered by insurance and not every doctor is willing or capable of doing it. Dr. Tracy agreed to perform the treatment, and explained there could be no guarantee of success. The cells were harvested from a sample of my blood, treated to activate the platelets, then injected into the affected tendons in each elbow. Within 6 weeks after the injections I was pain-free in both elbows and returned to full use, including my passion; kayaking. 8 months later I remain active and pain-free. I also remain in debt to Dr. Tracy for being willing to try this novel treatment.

Keith Dornton