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What is claimed is:

1. A method of vascularizing an area of tissue injury in a mammal comprising:

drawing autologous blood from the mammal;
 adding an anticoagulant to the autologous blood;
 fractionating the autologous blood in a disposable separating
 tube using a centrifugation device to isolate a platelet-
 rich plasma composition;

titrating the platelet-rich plasma composition to obtain a
 pH of about 6.5 to 8.0 creating a buffered platelet-rich
 plasma; and

administering the buffered platelet-rich plasma to the area
 of tissue injury of the mammal, whereby platelet growth
 factors are released from the buffered platelet-rich
 plasma,

wherein no exogenous activator is administered to the
 mammal or added to the platelet-rich plasma composi-
 tion prior to its introduction to tissue with a compro-
 mised blood supply, and wherein the tissue with has a
 compromised blood supply comprises a tendinosis.

2. The method of claim 1, further comprising introducing a
 composition comprising a local anesthetic agent into the tis-
 sue before administering the buffered platelet-rich plasma
 composition.

3. The method of claim 1, wherein the mammal is selected
 from the group consisting of horses, cows, sheep, pigs, dogs
 and cats.

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4. The method of claim 1, wherein the mammal is a human.

5. The method of claim 1, wherein the tendinosis is tennis
 elbow.

6. The method of claim 1, wherein the tendinosis is plantar
 fasciitis.

7. The method of claim 6, further comprising identifying an
 area to be treated using ultrasound.

8. The method of claim 7, wherein the buffered platelet-
 rich plasma composition is administered to a medial and/or
 central band of the identified fascia.

9. The method of claim 1, wherein the tendinosis is rotator
 cuff injury.

10. The method of claim 1, further comprising performing
 physical therapy to promote vascularization of the tendinosis.

11. A method of treating a tendinosis in a mammal consist-
 ing of:

determining a site of tendinosis in the mammal;

administering a composition consisting of an anesthetic
 selected from the group consisting of anbesol, ben-
 zocaine, lidocaine, procaine, and bupivacaine, to the ten-
 dinosis site; and

administering a platelet-rich plasma composition without
 activator to the tendinosis site in the mammal.

12. The method of claim 11, further comprising titrating
 the platelet-rich plasma composition to obtain a pH of about
 6.5 to 8.0.

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