

POLO TIMES

BRITISH OPEN CHAMPIONSHIP FOR THE
COWDRAY GOLD CUP



LA DOLFINA SCONE WIN COWDRAY GOLD CUP

Historic Father/Daughter Victory For Cambiasos

GLEN GILMORE

From Saddle to Soundtrack

THE OUT-SOURCING INC. ROYAL CHARITY POLO CUP

Over £1,000,000 Raised at Guards



PLUS: Kirtlington Park Polo Club Spotlight & Mental Fatigue in Polo

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Cover photograph:

La Dolfina Scone, winners of The British Open Polo Championship for The Cowdray Gold Cup at Cowdray Park Polo Club. By ©Mark Beaumont

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Repairing A Pulled Polo Elbow

Faster with Exosomes?

Polo is a dance of elegance and power. Between galloping at full speed, rotating the upper body mid-swing, and making split-second decisions, few players reflect on what's happening beneath the surface of their own body. But every rider knows that by playing a lot without breaks, having

a horse that doesn't respond well or pulls the reins out of your hand – this situation is demanding on both sides. What begins as a slight discomfort on the inside of the elbow – often dismissed as overuse – can develop into a nagging, performance-limiting condition. Epicondylopathia humeroulnaris and or a flexor muscle tendinopathy, driven by chronic overload of the flexor-pronator mass can be the underlying condition. This is especially common among players who ride powerful horses or need to perform frequent braking through the reins in demanding play situations.

This condition deserves more than rest or ice. It needs a targeted, regenerative approach that addresses the root cause. And that's where new biological treatments with PRP and Exosomes come in.

Injury Mechanism

Polo reins are not just for steering — they are instruments of control, often under tension.

When a horse is accelerating beyond your intended pace, your forearm muscles contract forcefully and repeatedly to anchor, brake, and re-balance. Over time, these intense isometric pulls place microtrauma on the flexor tendons (which keep your hand closed) that originate on the medial epicondyle (the inside of the elbow).

Especially vulnerable are:

- Beginner players riding horses over their level
- Players performing one-rein stops, abrupt half-halts, or multiple directional changes per play
- Riders using bits that create increased rebound force through the wrist and elbow

Unlike lateral epicondylitis (aka 'tennis elbow'), this medial variant is insidious. It is not about explosive force – it is about sustained, repeated tension. Over time, this leads to degenerative changes in the tendon (tendinosis), chronic inflammation and even nerve irritation.



The centrifuge to spin the blood and extract the plasma



Left syringe is filled with the plasma after final centrifugation, right syringe with discharged platelet poor plasma (PPP)



ACP Max™ Kit after usage using a closed system

Photography courtesy of Polodoc



ACP Max™ is anti-doping compliant, stimulates cellular repair & reduces chronic inflammation in tendon tissue

Symptoms & Diagnosis

Classical symptoms are:

- Deep ache or burning pain on the inner elbow
- Discomfort while holding the reins tightly or post-match
- Weak grip, fatigue during a chukka, or reduced mallet control
- Tenderness over the medial epicondyle and proximal flexor mass
- Sometimes patients can experience radiating pain into the forearm or hand



The black area is the flexor / pronator insertion. The green lines are the tendon area

Ultrasound or MRI imaging can reveal tendon degeneration, thickening, microtears, or peritendinous fluid. A dynamic exam is crucial — passive imaging alone doesn't tell the whole story.

Regenerative Therapies

Rather than suppressing symptoms with cortisone (which weakens tendon integrity), we now use biologics to stimulate healing from within — naturally, powerfully and safely.

ACP Max™ – Enhanced Platelet Power

(high concentrated Autologous Conditioned Plasma) is a high-yield, growth factor-rich plasma created from your own blood. It contains concentrated bioactive proteins that stimulate cellular repair and reduce chronic inflammation in tendon tissue.

- Precise, by hand or under ultrasound guidance
- Stimulates collagen remodelling and angiogenesis
- Safe, autologous and anti-doping compliant (NADA)

Players typically experience steady pain relief, improved grip and return to full play within four to six weeks.

Exosomes – The Next Frontier in Healing

Exosomes are nano-sized messengers released by regenerative cells that orchestrate tissue repair. Think of them as tiny conductors, instructing your cells to:

- Reduce inflammation
- Activate resident tendon stem cells
- Promote regeneration even in chronically damaged areas

In polo or riders with long-standing tendon damage, exosomes can be game-changing. While still under specialised protocols, they're showing incredible promise in speeding up healing and achieving *true tissue regeneration*, not just pain control.

Recommendations

Take the Reins on Recovery

- Act early. Don't ignore elbow pain – the faster you act the earlier you are back.
- Seek diagnosis with a sports-med trained expert. Static imaging is not enough; you need functional insight.
- Choose regenerative therapy. ACP Max™ and exosomes address the biological root of the problem.
- Avoid cortisone. It may kill the pain temporarily but it also kills tissue integrity.
- Rehab like a champion. Tendon-specific exercises, isometric loading, and progressive eccentric work matter.
- Mind your rein setup. Softer hands, responsive bits, and balanced riding technique prevent re-injury.
- Use the off-season wisely. Build grip endurance, improve flexor-pronator strength, and consult your ortho early if symptoms return.

With the right diagnostics and modern biologics like ACP Max™ and Exosomes, we now have the tools to heal, not just cope. Your body is your first horse. Treat it like a Thoroughbred.

For more information on Polodoc contact Andreas Krüger at drmedkrueger@gmail.com or www.polodoc.ch



PRP Deep Dive:

PRP Facts Highly concentrated PRP with the body's own exosomes from blood platelets

ACP Max™ produces a highly concentrated platelet solution from the patient's own blood with up to a 12-fold platelet concentration compared to baseline and significantly reduces neutrophils by up to 98.9 percent.

Recent developments in this field have shown that highly concentrated autologous conditioned plasma formulations contain platelet-derived exosomes in addition to the increased concentrations of platelets and growth factors.

Exosomes can be described as "carriers" for various anabolic factors and cellular signals that allow the contents of the exosomes to be taken up by the cells they encounter. These signals help promote cellular health through nucleotides that control cellular protein synthesis.

Exosomes are small vesicles 50–150 nm in diameter that contain specific proteins, lipids, and nucleic acids, such as DNA, mRNAs, miRNAs, and other non-coding small fragments.

Initial clinical work shows that platelet-derived exosomes contained in highly concentrated autologous conditioned plasma can improve healing of skin wounds, muscle defects and drive regenerate soft tissue.

PRP-Exos (eg ACP max Exosomes) encapsulated bFGF, PDGF-BB, VEGF, and TGF; PRP-Exos increased the proliferation and migration of HMEC-1 cells and fibroblasts to a greater extent than PRP

ACP Max™ facilitates the efficient collection and concentration of platelets and other regenerative properties to support the patient's natural healing process.