

What is Platelet-Rich Plasma?

Platelet Rich Plasma, or PRP is blood plasma with concentrated platelets. The concentrated platelets found in PRP contain huge reservoirs of bioactive proteins, including growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing, bone regeneration and repair, promote development of new blood vessels, and stimulate the wound healing process.

What are tendons & ligaments?

Tendons connect the muscle to the bone making it possible for you to do many every day physical activities. Overuse or damage to the tendon over a long period of time causes the collagen fibers in the tendons to form small tears, a condition called tendonosis. Damage to tendons most often occurs in the knee, ankle, shoulder, wrist, bicep, calf and Achilles tendons.

Ligaments are composed of collagen fibers that hold one bone to another, stabilizing the joint and controlling the range of motion. When a ligament is damaged it is no longer able to provide support, weakening the joints.

Tendons and ligaments have poor blood supply. Combined with the stress of day-to-day activities, they do not easily heal from damage. As a result the tendons and ligaments become inefficient causing chronic pain and weakness. Medical intervention may be necessary.

PRP Injection Application Sites

Spine

Shoulders

Elbows

Wrist & Hand

Hip/Pelvis

Knee

Lower Leg

Ankle & Foot

Arthritic Joints

From the office of:

Regenerative Injection Therapy

with
Growth Factors in
Platelet Rich Plasma

An alternative approach to
healing tendon and
ligament injuries



How does PRP Therapy work?

To prepare PRP, a small amount of blood is taken from the patient. The blood is then placed in a centrifuge. The centrifuge spins and automatically produces the PRP. The entire process takes less than 15 minutes and increases the concentration of platelets and growth factors up to 500%.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

I've heard of Cortisone Shots; is this the same?

Studies have shown that cortisone injections may actually weaken tissue. Cortisone shots may provide temporary relief and stop inflammation, but may not provide long term healing. PRP therapy is healing and strengthening these tendons and ligaments. Thus strengthening and thickening the tissue up to 40% in some cases.

What are the potential benefits?

Patients can see a significant improvement in symptoms. This may eliminate the need for more aggressive treatments such as long term medication or surgery as well as a remarkable return of function.

What can be treated?

PRP injections can be performed in tendons and ligaments all over the body. Sports injuries, arthritic joints, lower back, degenerative disc disease and more specific injuries including tennis elbow, carpal tunnel syndrome, ACL tears, shin splints, rotator cuff tears, plantar fasciitis and iliotibial band syndrome may all be effectively treated with PRP.

How many treatments & how often is this therapy?

While responses to treatment vary, most people will require 3 - 6 sets of injections. Each set of treatments is spaced approximately 4 to 6 weeks apart. There is no limit to the number of treatments you can have, the risks and side effects do not change with the number of injections.

Is PRP right for me?

If you have a tendon or ligament injury and traditional methods have not provided relief than PRP therapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissue with minimal or no scarring and alleviates further degeneration of the tissues. There will be an initial evaluation with your doctor to see if PRP therapy is right for you.

Are there any special instructions?

You are restricted from the use of non-steroid anti-inflammatory medications (NSAIDs) one week prior to the procedure and throughout the course of treatments.

Initially the procedure may cause some localized soreness and discomfort. Most patients only require some extra-strength Tylenol to help with the pain. Ice and heat may be applied to the area as needed.

The first week after the procedure, patients will typically start a rehabilitation program with physical therapy. However, aggressive physical activity is discouraged.

How soon can I go back to regular physical activities?

PRP therapy helps regenerate tendons and ligaments but it is not a quick fix. This therapy is stimulating the growth and repair of tendons and ligaments requiring time and rehabilitation. Through regular visits, your doctor will determine when you are able to resume regular physical activities.

Does insurance pay for PRP?

With the exception of Medicare, most PPO insurance companies will cover partial reimbursement after pre-authorization.