

PRP injections are for the restoration of the tissue to stimulate the body's natural healing process.

The Platelet Rich Plasma (PRP) Injection harnesses the healing properties of blood in order to reliably treat pain arising from tendons, ligaments and muscles. With excessive use and increasing age, pain arising from tendons is becoming more prevalent. Prior to any proposed PRP injection, an accurate diagnosis must be made, which usually requires a test such as an MRI or ultrasound of the body part to confirm that the specific tendon, ligament or muscle is the source of the patient's pain.

HOW DOES IT WORK:

A blood draw is required. About 10ml of blood is drawn. The blood tube is placed into a centrifuge which will spin the blood for about 10 minutes to separate the red blood cells and other components from the platelets producing the plasma. Afterwards, the plasma will be drawn into a syringe. Then using ultrasound guidance to monitor the position of the needle within the procedure site, the doctor will inject the platelet rich plasma.

Immediately following the injection, the PRP releases cellular growth factors that trigger the body's healing response. You may experience inflammation and soreness as the body's healing process begins. In fact, there may be little or no symptom relief for a period of 2 to 8 weeks. You will want to treat the injected area with care, like you would with a new injury. The doctor may recommend a boot or a shoe with good stability and limited mobility.

In the months that follow, inflammation and pain should decrease and new tissue will begin to develop. As this tissue matures, it causes repair and strengthening of the tendons, ligaments, discs or joints. Pain and inflammation will decrease as this occurs.

Frequently, chronic injuries require more than one injection. Depending on the severity and duration of the injury, additional PRP injections may be suggested.

USES FOR THE PROCEDURE:

- Tendinosis/tendonitis
- Acute and chronic muscle strains and tears
- Ligament sprains
- Osteoarthritis
- Fracture healing in special circumstances

POST PROCEDURE INFORMATION:

Following this procedure, please be advised of the following recommendations:

- Refrain from any significant activity involving the body part for ONE WEEK. Necessary activities of daily living are permissible, but do not engage in any deliberate exercise, such as running, weight training or other sporting activities.
- A moderate amount of discomfort is expected due to the process of inflammation and is how the procedure provides benefit. Inflammation results in repair of the damaged tissues into which the plasma has been injected. Swelling and pain can be a result of this. As such, Tylenol and a warm compress may help. (DO NOT USE ANTI-INFLAMMATORIES OR ICE)

If the pain is severe, you may need a prescribed medication to help relieve the discomfort. This pain flare is usually worse in the first three days following the procedure and slowly decreases. If you feel you need additional assistance, please call the office with any questions or concerns and we will be happy to discuss this with you further.