

PLATELET- RICH PLASMA (PRP)

What is it?

Platelet-Rich Plasma, also known as “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 start connective tissue healing, bone regeneration and repair, all while promoting the development of new blood vessels, and stimulations of the wound healing process.

How does it work?

First, 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 platelet-rich plasma. The entire process takes less than fifteen minutes, and increases the concentration of platelets, and the growth factors up to 500%.

Second, the PRP is injected into the damaged area, stimulating tendons or ligaments causing mild inflammation that triggers the healing process. 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.

What are tendons or ligaments?

Tendons connect the muscle to the bone making it possible for you to do every day physical activities. Overuse or damage to the tendon over time causes collagen fibers in the tendons to form small tears, this is a condition called “tendinosis”/ Damage to tendons most often occurs in the knees, ankles, shoulders, wrists, biceps, and 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, causing a weakening of the joints.

Tendons and ligaments have poor blood supply. Combines 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.

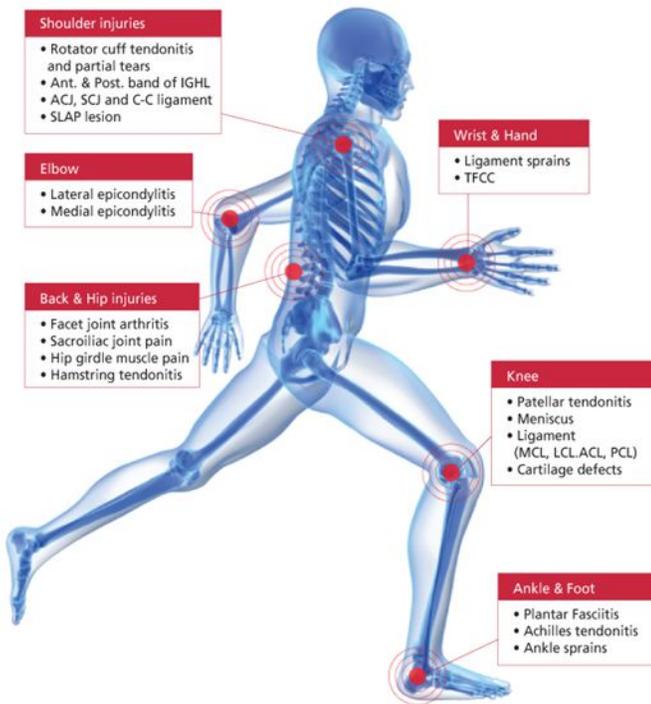
What are potential benefits?

Patients can see a significant improvement in symptoms. This may eliminate the need for more aggressive treatments; such as, long term medication, or surgery. This treatment option has the potential to provide remarkable return of function.

What can be treated?

PRP injections can be performed in tendons and ligaments all over the body. Sport injuries, arthritic joints, lower back, degenerative disc disease; as well as, 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, and How often?

While responses vary, most people will require 1-2 sets of injections. Each set of treatments is spaced approximately 6 months apart, as needed. There is no limit to the number of treatments you can have, the risks and side effects do not change with increased number of injections.

Is PRP right for me?

If you have a tendon or ligament injury, and traditional methods have not provided relief, then PRP 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. If you believe you may consider this treatment option, you will have an initial evaluation with your doctor to see if PRP therapy is right for you.

Does insurance pay for PRP Therapy?

With the wide variety of healthcare plans, it is necessary to discuss your specific plan following your initial consultation, prior to scheduling the first treatment. However, most PPO insurance companies will reimburse for the procedure. However, the special kit required, as referred to in the text as the “centrifuge”, is not covered by any insurance companies. The PRP Kit is one-time use, and would be required for any additional treatments.

