



PLATELET RICH PLASMA

WHAT TO KNOW ABOUT PRP & HOW IT CAN HELP YOU HEAL

Platelet Rich Plasma (also known as PRP) is a commonly used injection treatment for many orthopedic conditions. A PRP injection is an exceptionally safe treatment as it utilizes platelets derived from a patient's own blood reserves. These platelets then go on to supercharge the body's healing response. Platelets contain multiple different kinds of proteins called growth factors, all of which play a crucial part in processes that can help repair damaged tissue and decrease inflammation.

When injected into injured tendons, ligaments, muscle, and/or cartilage, these growth factors can stimulate cell growth and collagen production, promote new blood vessel formation, and draw stem cells and other repair cells to the site of the injury. By supporting the repair of these areas, platelets help restore function and speed up recovery. Platelets can also help regulate inflammation and reduce pain and swelling, promoting a favorable environment for healing after a surgery or injury.



HOW IS PRP CREATED?

PRP is created by taking a sample of a patient's own blood, much like a typical blood draw for a lab test. The sample is then placed into a centrifuge, a machine that spins rapidly to separate the components of blood based on density. The spinning separates red blood cells, white blood cells, plasma, and platelets. The portion rich in platelets collected is the PRP.

The resulting substance is then injected into the specific area where it can both treat muscle & tendon injuries and enhance healing. The entire process takes about fifteen minutes and can be performed safely in either an office or surgical setting.

DOES PRP THERAPY WORK?

The use of PRP is common in various specialties, including cardiology, dermatology, urology, oral surgery, and of course, orthopedics. It is an effective and low risk option with decades of efficacy reported when used for the appropriate conditions and injuries.

IS PRP THERAPY SAFE?

Because the injection is simply a platelet-rich version of a patient's own blood cells, the therapy is very safe. The risk of allergic reaction or disease transmission is effectively zero. The only instances in which PRP is not recommended is in patients with a known blood disorder or active infection.

WHAT INJURIES RESPOND BEST TO PRP?

PRP has produced solid results in patients with tennis elbow (lateral epicondylitis), golfer's elbow (medial epicondylitis), Achilles tendonitis, rotator cuff tendinitis, patellar tendonitis, arthritis, and plantar fasciitis. It can also be helpful with acute muscle injuries like strains or minor tears. This is not a complete list, so discuss your precise condition with your doctor to learn if PRP may be applicable to your situation.

PRP therapy is also used to enhance healing and speed the rate of recovery after surgeries like ACL reconstruction, Achilles tendon repair, and rotator cuff repair.



WHAT DOES PRP COST?

The price of a PRP injection is an important consideration, as the cost varies. As PRP therapy may be able to prevent an expensive surgical procedure or possibly enhance the speed of healing after surgery, some insurance providers will reimburse for PRP injections.

The procedure is minimally invasive, virtually painless and far less expensive than surgery. In addition, the potential to improve tissue healing and get patients back to their activities quickly and safely make this procedure attractive to both patients and physicians.



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