PRP can be helpful to treat many of these common tendon or muscle injuries, including:

**Shoulder and Arm:**
- Rotator cuff tendon injuries
- Biceps and triceps tendinitis
- Medial epicondylitis (Golfer’s Elbow)
- Lateral epicondylitis (Tennis Elbow)
- Ulnar collateral ligament sprain or partial tear
- Osteoarthritis

**Hip:**
- Piriformis syndrome
- Pelvis and hip muscle injuries
- Trochanteric bursitis
- Osteoarthritis

**Knee:**
- Patellar tendinitis
- Medial and lateral collateral ligament sprains
- Iliotibial band (ITB) syndrome
- Osteoarthritis

**Foot and Ankle:**
- Achilles tendinosis or partial tears
- Plantar fasciitis
- Osteoarthritis

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PRP Therapy

An innovative treatment that uses a patient’s own blood components to stimulate healing.
PRP Therapy Explained

Platelet-Rich Plasma Therapy, or PRP, is an innovative treatment that uses a patient’s own blood components to stimulate healing in acute or chronically injured tendons, muscles, and ligaments. It can also be utilized to manage joint pain associated with osteoarthritis.

Could PRP Therapy Help You?
Active adults frequently experience repetitive or overuse injuries to tendons in the shoulder, elbow, knee, and heel, including inflammation of a tendon (tendinitis) or micro-tears and scarring of a tendon (tendinosis). Muscle injuries, such as strains to the hamstring or quadriceps muscles, can also lead to a prolonged recovery period with limited activity. PRP therapy may help speed up the healing process in such patients. Older adults suffering from joint osteoarthritis may also benefit from this therapy.

How Does it Work?
When the body is injured, a natural regenerative process begins as platelets and other blood components gather at the site of injury to repair damaged tissues. This process is set in motion by a variety of growth factors released by the platelets. With new advances in medicine, we can concentrate a patient’s own platelets and growth factors, precisely inject them at the site of injury, and enhance the body’s healing ability. This can relieve pain and help patients return to activities and sports sooner.

Are PRP Injections Safe?
Clinical studies and research have shown that PRP therapy is safe, with minimal risk of adverse reactions or complications. Since the platelets and growth factors are produced from your own blood, there is no risk of rejection or disease transmission.

Preparing For Your Procedure
Prior to the procedure, all patients should undergo complete blood count (CBC) testing to determine if their platelet count is sufficient. To allow the PRP injection to work most effectively, you should avoid low-dose aspirin or non-steroidal anti-inflammatory medications (NSAIDs) such as Advil, Motrin, and Aleve for one week prior to the treatment. Notify your doctor if you are on blood thinners.

What to Expect
After a complete evaluation and diagnostic workup, your physician will create an individualized treatment plan that may include PRP therapy. You will receive a full explanation of the risks and benefits of PRP, and any alternative treatment options.

During the PRP procedure, a small amount of blood will be taken from your arm and placed in a special processing unit that separates the platelets and growth factors from the other blood components. The platelets and growth factors are then collected in a sterile syringe and injected into the targeted tissue. The entire treatment—from blood draw, to solution preparation, to injection—usually takes about 20 to 30 minutes. You may experience soreness at your injection site that can last for several days.

Although you can return to work or normal day-to-day activities immediately following the injection, it is important that you adhere to your post-procedure restrictions, including:

- Follow specific post procedure instructions for activity and physical therapy
- No anti-inflammatory medications (NSAIDs) for 2 weeks post-procedure. Tylenol is okay.
- Avoid heavy repetitive activities for 4 weeks.
- Make an appointment for 6 weeks post-injection so we can evaluate your progress and whether you will need further injections.

PRP therapy stimulates the repair of tendons, muscles, and ligaments, and the healing process that follows takes time. Though some patients experience pain relief and improved function as soon as two to three weeks following a PRP injection, this varies based on each patient and condition.

Does Insurance Pay For PRP?
PRP therapy is generally not covered by insurance. Payment is the responsibility of the patient and is required at the time of treatment.