

What is Platelet Rich Plasma (PRP)

Platelet Rich Plasma or PRP is a type of Regenerative Injection Therapy use to treat many soft tissue injuries (tendons and ligaments).

How is PRP therapy performed?

PRP involves taking blood from a vein in the arm and placing it into a special centrifuge. The platelets are separated from the rest of the components of the blood. The platelets are combined with a special substrate to enhance the effects. This is then injected into the injured or painful area. Once healing takes place, over the course of a few weeks, the pain should lessen.

What musculoskeletal conditions can be treated with PRP?

Osteoarthritis

Tendonitis

Bursitis

Is PRP covered by my insurance?

Most insurance carriers deem PRP as investigational since there is not a significant amount of large, well-controlled published studies in the medical literature. Many patients find the out of pocket cost well worth the investment in trying to reduce pain and disability. The cost of PRP is \$525.00 per injection.

How many injections will I need?

This is no universal answer to this question. Typically 1 to 3 injections. Much of this depends on the chronicity and location of your problem. Some patients can successfully be treated with one injection while others require multiple injections over a time period to eliminate or reduce pain to an acceptable level.

What can I do after having PRP? Activity levels?

It is recommended that you drink plenty of fluids following your treatment. Your physician will advise you to limit strenuous activity such as working-out for a certain period. You should also avoid the use of anti-inflammatory medications (Ex: Advil, Motrin, Aleve, etc.) for at least 4 weeks. These medications inhibit the body's ability to heal.