

# Patient PRP Information Sheet

## FEATURES & BENEFITS OF PRP

- ✓ Non-Surgical Treatment
- ✓ Easy, Convenient Procedure
- ✓ Less Than 30 Minutes
- ✓ Rapid and Effective System
- ✓ Autologous (From Patient's Own Blood)
- ✓ Requires a Small Sample of Blood (12ml)

## COMMON APPLICATIONS

- Pain Management
- Musculoskeletal Healing
- Cosmetic Rejuvenation
- Hair Restoration
- Sexual Regeneration

### What is Platelet Rich Plasma (PRP) Therapy?

PRP is Platelet-Rich Plasma therapy. Although an emerging technology and technique in medicine, it has been used since the mid-1990's in dental and oral surgery and to aid in soft tissue recovery following plastic surgery.

### How is PRP administered?

PRP therapy, which takes approximately twenty minutes to complete, begins with collection of 10 milliliters of the patient's blood. The blood sample is placed in a centrifuge to separate the platelet-rich plasma from the other components of whole blood. Doctors then inject the concentrated platelets into the site of the injury often using ultrasound or fluoroscopic guidance for accuracy. Platelets function as a natural reservoir for growth factors that are essential to repair injured tissues. The growth factors that the platelets secrete stimulate tissue recovery by increasing collagen production, enhancing tendon stem cell proliferation, and tenocyte-related gene and protein expression. These growth factors also stimulate blood flow and cause cartilage to become more firm and resilient. PRP activates tenocytes to proliferate quickly and produce collagen to repair injured tendons, ligaments, cartilage, and muscles.

### Will I feel immediate results from PRP therapy?

You will feel a notable increase in pain in the days immediately following the injection. Pain intensity becomes less each day as functional mobility and general functional ability increase along with endurance and strength. You will notice gradual improvement 2-6 weeks after PRP therapy. Some patients report ongoing improvement 6-9 months after PRP therapy is administered. In some studies, Ultrasound and MRI images have shown definitive tissue repair has occurred after PRP therapy, supporting the proof of the healing process. By treating injured tissues before the damage progresses, surgical intervention may be avoided.



# Patient PRP Information Sheet (Cont'd)



## Which injuries are usually treated with PRP therapy?

Injuries treated with PRP therapy include: rotator cuff, quadriceps, hamstring, Achilles tendon injuries and tennis elbow. Essentially any tendon or ligament injury except complete tears may be treated successfully with PRP. PRP therapy is exactly the treatment needed to reduce the downtime of the athlete while also reducing the chance for re-injury or perhaps the risk of a more serious injury that will result in surgical intervention or permanent disability.

## Is PRP therapy a substitute for surgery? Why does it work?

Not necessarily. While many chronic conditions may respond to PRP therapy, obviating the need for a surgical procedure, it is impossible to predict which will respond and which will fail to do so. A chronic, incompletely healed condition is characterized by excessive scar tissue

within the tendon/ligament. This may lead to impaired joint function or leave the tendon or ligament susceptible to re-injury or complete disruption. This inferior, or in some cases, aborted, healing process is due to poor blood supply to the injury site. Most tendons have a poor blood supply and often are the site of microscopic tears or chronic scarring. The body naturally has a difficult time healing these structures. PRP is thought to initiate a response that makes the chronic condition appear to be a new injury, and thus, provoke a new/renewed healing response. This new healing response is then augmented by the super-concentrated healing factors contained within the PRP. Therefore, with PRP therapy in combination with appropriate conditioning, we may improve the chance of healing and diminish the opportunity for escalation of the injury. A positive result may lead to a decreased need for surgical intervention.

## Is PRP covered by insurance?

Unfortunately, there is no randomized, prospective, double-blind clinical trial that documents the efficacy of PRP treatment. For this reason, most insurance companies will not support (read: pay for or "cover") PRP treatment.

## Which injuries can PRP therapy successfully treat?

Conditions that can be treated successfully with PRP therapy include the shoulder involving: rotator cuff tendinitis, impingement, bursitis, and bicipital tendinitis; In the wrist and hand involving: DeQuervain's tenosynovitis, tendinitis, ligament tears; In the elbow involving: tennis elbow and golfer's elbow; the hip involving iliotibial band tendinitis (ITB Syndrome), ilio-psoas tendinitis and bursitis, greater trochanteric bursitis, sacroiliac joint dysfunction; the knee involving: patellar tendinitis, partially torn or strained major knee ligaments (LCL/MCL); the ankle and foot involving: Achilles tendinitis, peroneal tendinitis, recurrent ankle sprains, and other foot or ankle tendinitis; neck and back involving: facet joint arthritis, rib problems. It is believed PRP treatment is best reserved for incomplete, chronic degeneration and tears of extra-articular ligaments and tendons, although use in other clinical applications is expanding rapidly.

