

Platelet-rich Plasma (PRP) Injections

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Platelet-rich plasma (PRP) injections are used to provide pain relief, and heal muscle, tendon and joint injuries, especially in cases where other treatments haven't worked.

Platelets are cells in your blood. The fluid around the platelets contains substances that can help your body heal naturally.

PRP injections can be used to treat:

- foot and ankle tendon problems
- plantar fasciitis
- hamstring and hip injuries
- knee sprains and injuries such as quadracep and patellar tendinosis
- shoulder and rotator cuff problems
- cartilage injuries
- tennis elbow and golfer's elbow.

PRP injections work best for chronic (long-lasting) conditions that have not healed after having other treatments.

PRP injections take about 30 to 40 minutes.

During the Treatment

- You will have blood drawn to use for the injection.
- Your blood is placed in a special machine that separates the platelets from the red blood cells. The platelets will be used for the PRP injection.
- The treatment area will be cleansed.

- A medicine (local anesthetic) is injected to numb the area.
- A needle will be used to inject PRP into the treatment area.
- You may have some discomfort from the injection.

After the Treatment

- You may be sore for a few days.
- For 1 month after the injection, do not take non-steroidal anti-inflammatory drugs (NSAIDs). These include ibuprofen (Advil[®], Motrin[®]), naproxen (Aleve[®]) and celecoxib (Celebrex[®]).
- You may take acetaminophen (Tylenol[®]). Follow the package directions.
- You may also be given a pain medicine to take after your treatment.
- You will be asked to follow an exercise program at home. This will help to stretch your muscles and tendons.
- You may need to start physical therapy after your treatment.

Possible Risks

Risks of PRP injections include:

- getting an infection
- bleeding at the injection site
- nerve damage.

These risks are rare. Your health care provider will talk with you about any risks before having the injections.

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Follow-up Appointment

You will be scheduled for a follow-up appointment. You may need to have one to three injections to relieve pain and help your body heal.

Insurance Coverage

PRP injections are not covered by most insurance providers. Please call your insurance provider to find out exactly what is and isn't covered under your plan, and how much you have to pay yourself.