

PRP Injections

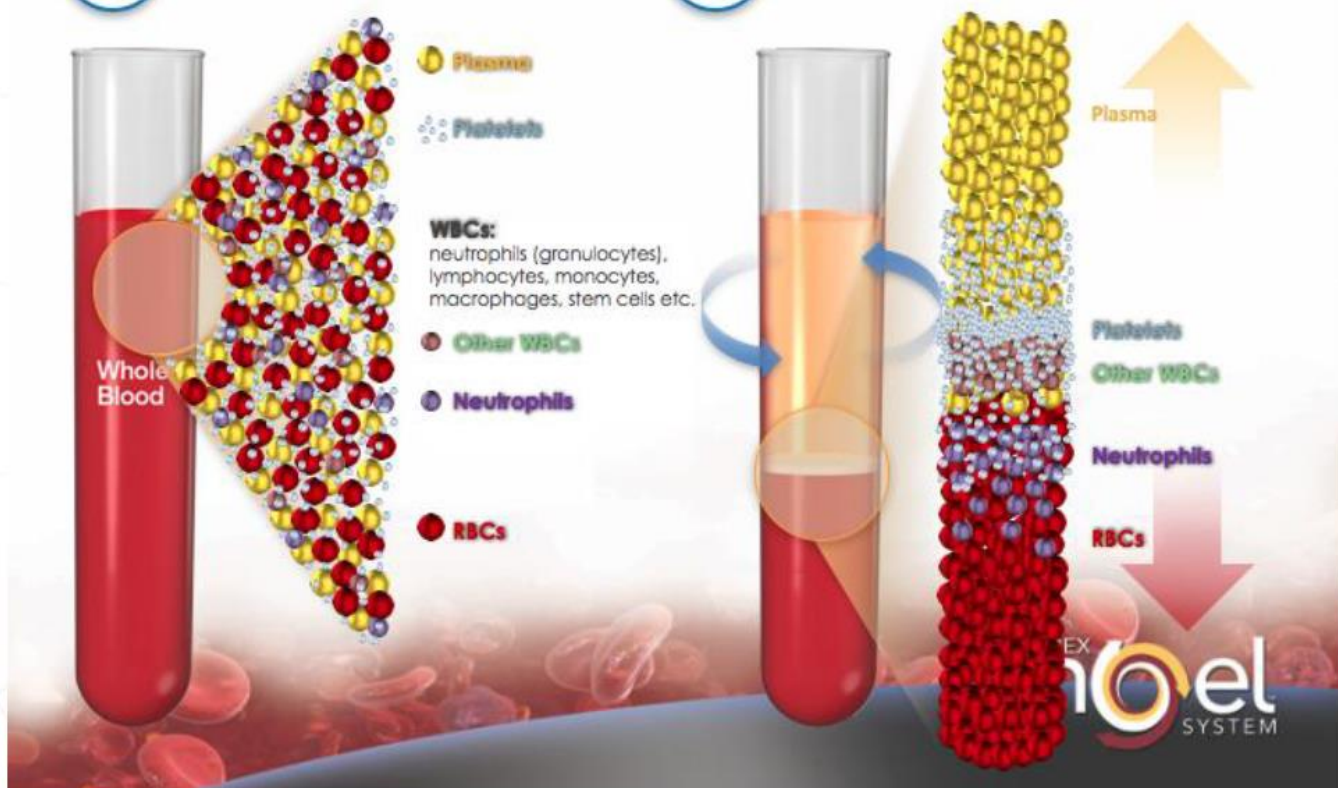
Dr. Maria Ryan

PRP (platelet-rich plasma) injections are used to treat a number of common orthopedic problems. PRP is a concentration of platelet cells found in your blood which have growth factors that may help in the healing process of chronic injuries. When these growth factors are injected into a chronically injured area, we hope to stimulate your body's ability to heal the area by restarting the healing process.

Enrichment & Concentration Process

1. Blood Sample

2. Spun Sample



DOES PRP WORK?

Human platelets are naturally rich in connective tissue growth factors. Injecting these growth factors into damaged ligaments and tendons stimulates a natural repair process. In other words, PRP recreates and stimulates the body's natural healing process. In order to benefit from these natural healing proteins, the platelets must first be concentrated.

WHAT CONDITIONS BENEFIT FROM PRP?

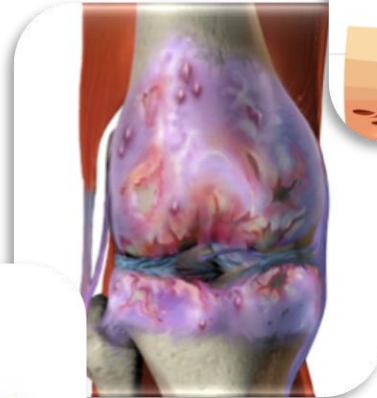
PRP treatment works best for chronic ligament and tendon sprains or strains that have failed other conservative treatment, including:

Tendinopathies

- Bicep Tendinosis
- Tricep Tendinosis
- Lateral & medial epicondylitis of the elbow
- Hamstring tendinosis
- Gluteal tendinosis
- Patellar tendinosis
- Achilles tendinosis
- Plantar fasciosis

Osteoarthritis

Chronic ligament sprains



HOW IS PRP PERFORMED?

In the clinic, blood is drawn from the patient and placed in a special centrifuge, where the blood is spun down. The platelets are separated from the red blood cells and are concentrated. The red blood cells are discarded, and the resulting platelet concentrate is used for treatment. While the blood is spinning in the centrifuge, the painful area is injected with lidocaine to numb the area. The entire treatment, from blood draw, to solution preparation, to injection, takes 30-40 minutes.

HOW OFTEN ARE INJECTIONS GIVEN?

After the initial treatment, a follow-up visit is scheduled 6 weeks later. Most patients respond well to just one treatment. However, additional treatments may be desired in some cases.

IS PRP COVERED BY INSURANCE?

PRP injections are not covered by most insurance plans in the state of Minnesota. A charge of \$900 is required for the treatment at the time of the appointment.

DO PRP INJECTIONS HURT?

Because the injured area is first anesthetized with lidocaine, the actual injections are only slightly uncomfortable. The lidocaine wears off in a few hours, and there is usually mild-to-moderate pain for the next few days. Because we are restarting the healing process, some people may have increased pain for approximately a week after the injection. Then, over the next 5-6 weeks as the area goes through the healing process, symptoms improve. Some clinical trials are noting ongoing improvement up to 5-6 months after the PRP injection.

DO I HAVE ANY RESTRICIONS BEFORE THE PRP INJECTION?

For the 2 weeks before the PRP injection it is critical to avoid anti-inflammatory medications (eg. Aspirin, Advil, Motrin (ibuprofen), Aleve (naproxen), aspirin or Celebrex). These will interfere with the healing response. Tylenol (acetaminophen) is allowed. Your physician may also prescribe pain medication. We also would want to avoid injections of steroid medication into the area for several weeks prior. No oral steroids (prednisone, methyprenisolone, etc) for several weeks prior to the PRP injection.

DO I HAVE ANY RESTRICTIONS AFTER THE PRP INJECTION?

For the first 4 weeks after the injections it is critical to avoid anti-inflammatory medications (eg. Aspirin, Advil, Motrin, ibuprofen, Aleve, or Celebrex). These will interfere with the healing response. Tylenol (acetaminophen) is allowed. Your physician may also prescribe pain medication. Your doctor will discuss any physical activity restrictions you may have following an injection in addition to a rehab course which may include physical therapy.

ARE THERE RISKS WITH PRP?

Any time a needle is placed anywhere in the body, even getting blood drawn, there is a risk of infection, bleeding, and tendon and nerve damage. However, these are rare. Other complications, though rare, can occur depending on the area being treated and will be discussed by your physician before starting treatment.

WHAT IS THE SUCCESS RATE?

Overall success of the procedure is dependent on your initial diagnosis. Some patients experience complete relief of their pain.

Photo Credit:

- Tendinopathy: <http://chiroup.com/wp-content/uploads/2015/03/Tendinopathy.png>
- Osteoarthritis: <https://upload.wikimedia.org/wikipedia/commons/thumb/d/da/Osteoarthritis.png/1024px-Osteoarthritis.png>
- Ligament Sprain: <http://www.drwilkes.com/wp-content/uploads/2014/09/3anklesprain.jpg>