

PRP Therapy (platelet rich plasma) Injections

We now offer PRP treatments for joint and tendon repair. PRP can be used alone or in conjunction with other therapies.

Platelet rich plasma therapy has been around for over 20 years especially in the field of plastic surgery. PRP played a part in winning the Super Bowl in 2009. Two of the Pittsburgh Steeler's key players were questionable for the SuperBowl.

Hines Ward right knee was injured during AFC Championship game and was questionable to the 43rd Super Bowl as these injuries usually take weeks to heal. Hines Ward was treated with PRP and played in Super Bowl, which the Steelers went on to win 27 to 23. Hines Ward had 2 receptions for 43 yards,

Our blood contains multiple growth factors to promote healing.

These growth factors are found primarily in the platelets. PRP technique separates and concentrates platelets from your own blood. Since PRP is made from your own blood, there are no risks of contracting blood borne illnesses such as hepatitis, aides, or Lyme's disease.

Here is table showing a list of some of the growth factors found in PRP and how they compare to whole blood.

PDGF (platelet derived growth factor)	5 fold increase over whole blood
TGF- B (transforming growth factor beta)	3.6 fold increase over whole blood
VEGF (vascular endothelial growth factor)	6 fold increase over whole blood

Multiple studies have shown the benefit of PRP in improving healing. PRP can be used in conjunction with other therapies to improve outcomes. A Study in the *Clinical Journal of Sports Medicine* which compared pain scores showed PRP significantly lowered pain scores by 41.7 % at 6 months and 56.2 % at one year. The study showed improvement improved pain and function in 73% of patients. A study using MRI images showed PRP stopped the progressive loss of cartilage in most patients. Normally osteoarthritis patients lose 5% of their cartilage per year.

PRP therapy worked for 73% of patients.

The PRP Procedure

PRP procedure takes about 30 minutes to draw your blood and centrifuge out the plasma and then separate the platelets from the plasma. The final step is to inject the PRP solution into the joint.

Here are some videos discussing PRP and the injection technique.

PRP Injection Therapy Overview

FAQs.

What are the risks of PRP therapy?

Side effects are uncommon. The risks are minimal, because we are using your own blood, there are no risks of adverse reactions from the material itself. With any injection technique there is always some risk of infection. However, PRP has some antibacterial properties, so that risk is minimized by the properties of PRP. The most common side effects are an increase in pain and inflammation at the injection site.

What are the cost of PRP injections?

We charge \$1,000 for a single PRP treatment or \$500 if used with another procedure such as prolozone or stem cell therapy.

Are PRP covered by insurance?

PRP injections are not covered by most insurance companies.

PRP treatment is not recommend for:

Patients on anti-coagulation therapy (such as Coumadin), patients with cancer, active infections, or pregnant.

How many PRP treatments are required?

PRP therapy is usually done as a single treatment.