

What is PRP :

- PRP is platelet rich plasma found in your blood
- You have platelets, healing factors within your own blood, that can be concentrated in order to promote healing
- PRP is the concentrated portion of your blood that consists of plasma, platelets, and other cells that stimulate healing
- PRP can activate healing or be used to speed up the healing process

How is it obtained and administered?

Potential patients are evaluated by an experienced orthopedic surgeon with an initial appointment.

If PRP is determined to be the appropriate treatment option, PRP is obtained via a simple blood draw and then processed via five-minute centrifugation

Your own highly concentrated PRP is then re-injected into the injury site by an experienced practitioner where it can activate healing, reduce inflammation, and speed up the healing process

PRP can be administered in the office setting, with or without the use of x-ray or ultrasound guidance.

The length of a PRP treatment in the office takes the same amount of time as a standard injection.

PRP can also be administered during minimally invasive or arthroscopic surgery

How long before I feel better and how long does it last?

Many patients feel better within a few weeks but this depends on your own body's response to the healing process. This is not like a cortisone injection that simply reduces inflammation in the short term. Unlike cortisone and other synthetic drug injections that may have side effects, PRP is a natural treatment that can reduce inflammation and help your body heal. PRP can have the added effect of releasing your body's own serotonin, which is a natural pain reducer. Current studies have not shown any significant adverse side effects.

Cost

Out-of-pocket costs, pending possible approval by insurance, is \$700-1200 per treatment, depending on the treatment required and recommended by your doctor. Typically patients receive one treatment per injury.

Insurance Coverage

PRP is currently not approved by many insurance companies because this is a newer treatment. While this is a completely safe procedure that has been approved by the FDA for safety, insurance companies are awaiting more studies before they approve coverage for multiple indications. There are over 100 published studies on the effectiveness and safety of PRP and many more are currently underway.

Who is getting this treatment?

Professional athletes

Weekend athletes (tennis players, runners, weight lifters, skiers, cross fitters, dancers, cardio lovers)

People with osteoarthritis

People who have not had effective healing and pain relief from other treatments

Potential surgical candidates who want to forestall surgery

Surgical patients interested in faster post-operative healing

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