How Long Has PRP Therapy Been In Use?
PRP was first used more than 20 years ago to improve wound healing in cancer patients and maxilla-facial and jaw reconstruction surgery. Since that time, the application of PRP has expanded to orthopedics, cardiovascular surgery, pain and sports medicine.

Benefits of PRP Treatment
- The goal of PRP therapy is to resolve pain through healing. Initial improvements may be seen within just a few weeks.
- Clinical studies have demonstrated that PRP is both safe and effective in promoting the healing process in damaged tissue.
- The need for surgery may be greatly reduced by treating injured tissue before the damage becomes irreversible.
- PRP has been shown to be effective in regenerating tendons, ligaments and soft tissue.
- PRP can be very effective at decreasing both inflammation and pain.
- PRP increases Collagen (connective tissue base component) and angiogenesis (new blood cell development).
- PRP is FDA APPROVED.

Is PRP Appropriate For Me?
If you have a tendon or ligament injury that traditional pain treatments do not help, or only provide temporary relief from, or you are interested in a viable option to surgery, you may be a candidate for PRP Therapy! Ask your pain physician if PRP may be right for you.
What is PRP Therapy?
PRP or Platelet Rich Plasma, is part of our human blood, containing proteins which promote healing. These growth factors in your blood, have the ability to encourage the regeneration of injured ligaments, tendons, muscles and even joints. Unlike cortisone injections, which sometimes only provide temporary relief, PRP actually may promote long term healing in the afflicted area.

How Does PRP Therapy Work?
A small amount of blood is drawn from your arm. That blood sample is then spun in a centrifuge to isolate platelets from other blood cells. The concentration of these platelets—and thereby the concentration of growth factors—can then be 5 to 10 times greater than that of normal blood. This concentration of activated platelets is then injected into the injured tissue or joint area, usually with the aid of ultrasound or x-ray to pinpoint the injury site.

How Many Treatments Will I Need?
The number of treatments depends on the severity of the injury. One single treatment is normally sufficient. However, if additional treatments are necessary they are typically repeated six to eight months apart as needed.

Are There Side Effects From PRP Therapy?
Because PRP therapy uses the patient’s own blood, there are typically no negative side effects. Most patients tolerate PRP therapy quite well, although some may report minimal post-injection bruising, swelling, soreness or redness at the injection site for 2 to 3 days.