

WHAT IS PLATELET-RICH PLASMA?

Platelet-rich plasma (PRP) is your body's own safe alternative treatment for orthopedic joint, tendon, ligament and muscle injuries. PRP has been used for many years, having its origins in the cosmetic and dental fields. It is now applicable to the patient's area of injury to speed healing, and decrease pain and inflammation.

Many famous athletes — Tiger Woods, tennis star Rafael Nadal, Kobe Bryant and several others — have received PRP for various problems, such as sprained knees and chronic tendon injuries. These types of conditions have typically been treated with medications, physical therapy or even surgery. Some athletes have credited PRP with their being able to return more quickly to competition.

Platelets – obtained by a simple blood draw from the arm – are tiny cells containing thousands of growth factors that control and regulate the natural healing process by recruiting stem cells to the injured site. Once the blood is drawn, it is spun in a centrifuge to obtain the highest concentration of growth and anti-inflammatory factors.

This high concentration of nutrients is then accurately injected using safe, ultrasound guidance to the exact site of injury or pain, creating natural healing over the next 1-3 months.

PRP can be used for a variety of injuries, caused by wear and tear to tendons, ligaments, muscles and joints. In some instances, we combine the elements of PRP therapy with stem cells, which will be discussed later.

PRP THERAPY CAN TREAT:

- Sports Injuries
- Arthritic Joints (hip, knee, shoulder, ankle)
- Tendonitis (tennis and golfer's elbow, rotator cuff, Achilles tendon, hip gluteal tears)
- Cartilage injuries (chondromalacia)
- Ligament injuries (elbow, knee, ankle)

- Labral tears of the shoulder and hip
- Muscle strains (hamstring, quadriceps, calf)
- Painful heel syndrome (plantar fasciitis)
- Overuse injuries

PRP TREATMENT PROCESS

The procedure is typically performed in an office setting. Platelet-rich plasma (PRP) is a concentrated form of your own platelets, obtained from drawing blood from your arm. This is then concentrated in a special centrifuge, and the sample is then carefully injected using precise ultrasound guidance into the area of injury or arthritic joint. Platelets contain many anti-inflammatory factors, but also release signaling proteins that attract your body's regenerative cells to the injured area. By injecting concentrated PRP into an area of concern, your body will recognize this site as a priority to heal it quickly and thoroughly.

PRP can be used to treat joints or muscles, tendons and ligaments.

PRP TREATMENT FOR JOINTS

Leukocyte-poor platelet-rich plasma (LP-PRP) is used because we do not want leukocytes (white blood cells) to cause an inflammatory response in your knee, hip, shoulder or ankle joint injection. This is why it is important to spin the white and red blood cells out of the plasma and isolate the platelet-rich portion for the injection.

PRP TREATMENT FOR MUSCLE TEARS, TENDONITIS, LIGAMENT INJURIES

Leukocyte-rich platelet-rich plasma (LR-PRP) is used because we want to induce an inflammatory healing response in an area where poor blood flow exists. This assists torn tissues that have not allowed for prior healing.

INITIAL CONSULTATION

PRP procedure is available at our Anderson & Fishers offices with Dr. Brian Camilleri, or at our Muncie office with Dr. Jeremy Hunt. An initial consultation will explore individualized treatment

plans, which may help avoid surgery or be used as an adjunct to a planned procedure. Procedure costs will vary; however, this is typically a procedure which is not covered by insurance and thus will be an out-of-pocket expense. To schedule a consultation with Dr. Camilleri or Dr. Hunt, call 800-622-6575. Appointments can generally be scheduled within one or two days.