

How is it given?

PRP is given as an [injection](#), under [ultrasound guidance](#). On average it takes about 1 hour from blood draw until the PRP is ready. During that time your physician will locate and mark the area the PRP will be injected, and will prep the area for the procedure.

How long will it last?

The goal is [after one injection, your pain is significantly to entirely eliminated](#), and you will be able to return to your normal function. Clinical studies are evolving regarding the longterm results to say with absolute certainty the duration of the advantageous effects. Some patients require more than one PRP injection. This will be evaluated six weeks after the procedure has been performed.

What are the side effects?

Injection side effects, such as [soreness at the area of injection, are common](#). Infection is always a risk with any type of injection; however, the risk is less than the risks associated with much more commonly performed corticosteroid injections. Because PRP is composed of your own blood, [there is no risk of transmissible diseases](#) such as HIV and hepatitis, as there are in other blood products from anonymous donors.

How is it made?

Your health care provider will recover a small amount of blood. This sample then goes through a rapid spinning process that separates and concentrates the platelets and other beneficial growth factors from the blood. The entire PRP production process is usually done in less than 30 minutes.

Here at the Integrated Health Clinic we pride ourselves in using Arthrex Angel System which allows us to customize and tailor the cellular concentrations for any area of concern.



PLATELET-RICH PLASMA (PRP)

[A natural treatment for pain and injury](#)

PRP is a well-established injection series and is gaining popularity among high school, collegiate, and professional athletes in order to [more rapidly return them to competition and potentially avoid surgery for certain injuries](#). Worldclass athletes have used PRP to treat both acute and chronic injuries with amazing results. In addition, PRP has been found to be beneficial in relieving pain and improving function in people with arthritis. Platelets, a component of blood, are thought to be responsible for the beneficial effect of PRP through the release of various growth factors. [These growth factors can aid in the growth of new tissue, new bone, new blood vessels, and many other natural healing properties of your body.](#)

When is it indicated?

PRP is primarily used to treat chronic tendon and ligament injuries, such as lateral and medial epicondylitis (tennis and golfer's elbow, respectively). It is a treatment option when more conservative options have failed to provide adequate relief. Conservative options include rest, icing/bracing, physical therapy, corticosteroid injections, osteopathic manipulative treatment (OMT) and/or nonsteroidal anti-inflammatory drugs (NSAIDs). It is also becoming an emerging treatment for patients with arthritis. PRP could be an alternate treatment option for you to discuss with your physician. PRP is generally indicated in areas of the body that do not have an adequate blood supply to promote proper healing. It is also being utilized as an adjunct to surgery in the repair of tendons such as anterior cruciate ligament (ACL) repairs.

How much does it cost?

Costs will be discussed at the time of the consultation

Will my insurance cover this procedure?

While PRP treatments have been around for many years, many insurance companies still consider this treatment experimental and deny coverage. If your insurance will not cover the treatment, your physician may discuss other options.

Conditions Treated

<p>LOWER EXTREMITY:</p> <ul style="list-style-type: none">• Plantar fasciitis• Morton's neuroma• Shin Splints• Turf Toe• Ankle and toe arthritis/osteoarthritis• Achilles tendinitis and tendinopathy• Patellar tendinitis and tendinopathy• Meniscal injury• Knee arthritis/osteoarthritis• Hamstring tendinitis, strain, tendinopathy• Hip arthritis/• Osteoarthritis• Groin Strain	<p>SPINAL:</p> <ul style="list-style-type: none">• Low back pain and instability• Neck pain and instability• Sacroiliac joint pain and instability• Spinal arthritis/osteoarthritis/spondylosis• Facet arthritis• Degenerative disc disease• Herniated/bulging disc• Cervical radiculopathy• Lumbar radiculopathy
<p>UPPER EXTREMITY:</p> <ul style="list-style-type: none">• Carpal Tunnel Syndrome• Trigger finger/thumb• Hand, finger and wrist arthritis/osteoarthritis• Rotator cuff tendinitis, tear, tendinopathy• Shoulder arthritis/osteoarthritis• Adhesive capsulitis (frozen shoulder)• Lateral epicondylitis (tennis elbow)• Medial epicondylitis (golfer's elbow)• Elbow arthritis/osteoarthritis	<p>OTHER CONDITIONS:</p> <ul style="list-style-type: none">• Ganglion and Baker's cysts• Temporomandibular joint disorder• Nerve entrapment• Calcific tendinitis and tendinopathy• Scar tissue pain and restrictions

What happens after the procedure?

Your physician may temporarily place you in a sling (for upper extremity procedures) or a boot, brace, and/or crutches (for lower extremity procedures). A rehabilitation program will be designed specifically for your condition and you will be sent home with our post-injection care handout.

What is the evidence?

Several studies of lateral epicondylitis (tennis elbow) demonstrate a significant pain reduction over the course of 1-3 years, with significant improvement in pain after 1 year when compared with corticosteroid injections.

Studies have demonstrated that PRP outperformed corticosteroid and viscosupplementation injections (a commonly performed therapy for osteoarthritis), especially in those with more advanced disease. Other studies also indicate that PRP is useful for the management of chronic low back pain, especially those with sacroiliac instability.

While insurance companies still see PRP as being experimental, it is a very well-studied treatment and the evidence showing its efficacy continues to grow each year. There are numerous research papers, case studies, and articles advocating PRP therapy for injuries involving rotator cuff, hamstring tears, plantar fasciitis, and meniscus tears.

Are the injections ultrasound-guided?

YES!

Integrated Health Clinic

To schedule a 30-minute injection consult go to our website at integratedhealthclinic.com or give us a call at 604-888-8325