

## REGENERATIVE THERAPY WITH PLATELET RICH PLASMA (A.K.A. "PRP")

- ❖ Regenerative Injection Therapy is a **new, non-operative treatment** that enhances surgical repair and provides an option for orthopedic conditions that have traditionally required surgery or other extensive procedures. Using the patient's own blood, similar to a lab test, the blood is placed in a special machine that spins the blood at high speeds, which separates the platelets from the other blood components. The platelets are then concentrated and re-injected into the injured area or arthritic joint. In turn, the platelets release substances known as growth factors that lead to improved natural tissue healing. Platelets initiate repair and attract the assistance of stem cells. Regenerative injection therapy works by releasing the growth factors in an injured site or arthritic joint. The injected platelets release the growth factors and facilitate the process of regeneration and remodeling of the damaged area. This process is known as the "healing process."
- ❖ Which Orthopedic Conditions are PRP used to Treat?
  - The regeneration of cartilage in Osteoarthritis of the **Thumbs, Knees** and **Hips**
  - Non-Surgical repair for Rotator Cuff and Labral tears in the **Shoulders**
  - Sports injuries, including **Tennis Elbow & Golfer's Elbow**
  - **Ligament & Meniscal Tears**
  - **Tendonitis**
- ❖ Published studies on PRP have shown:
  - **Restoration and Smoothing** of roughen cartilage
  - **Improved Range of Motion**
  - **Resolution of Pain** in Osteoarthritis of the Hips, Knees and Shoulders
- ❖ Is PRP safe?
  - YES. Autologous (patient-derived) PRP has been used for over 30 years as an aid in recovery following certain surgical, orthopedic and dental procedures. There are thousands of research articles published on the safety of PRP.
- ❖ **BEFORE THE PROCEDURE**
  - **No Non-Steroidal Anti-Inflammatory Medications (NSIAD's)** for 1-week prior to the procedure - this includes Aspirin, Ibuprofen, Naproxen, etc
  - **No Steroids** of any kind for 10-days prior to the procedure - this includes prednisone, Medrol dose packs, cortisone and cortisone injections
- ❖ **AFTER THE PROCEDURE**
  - **No Non-Steroidal Anti-Inflammatory Medications (NSIAD's) and/or Steroids** for 1-month after the procedure
  - Initially, the procedure may cause some localized soreness and discomfort. Most patients only require some Extra-Strength Tylenol to help with the pain. Ice and heat may be applied to the area as needed
  - There may be some increasing discomfort for approximately 10-days.
  - This positive effects of the injection can occur within a week after the injection. This usually happens with torn tendons/ligaments and bursitis. With an osteoarthritic condition, it takes about 6-weeks to respond.
  - We recommend normal activity with no extra exercise for the first 48-hours. After 10-12 days, start light exercise without stressful activity for 6-weeks. Returning to stressful activity before 6-weeks will result in incomplete healing of the treated tissue.