

Platelet Rich Plasma Therapy

PRP is an outpatient office based treatment to treat tendon and ligament injury as well as some joint abnormalities. PRP uses a patient's own blood components to stimulate a healing response in damaged tissues.

When an injury happens to tissue, our bodies naturally recruit platelets from the blood to initiate a healing response. Platelets carry growth factors which are then released in response to signals sent from the injured tissue. Now, we are able to concentrate platelets from your blood. We then inject the platelets into the exact areas that are injured. Once the highly concentrated (4-12 times normal) platelets are injected, the growth factors are released simulating the same normal healing response in a much more powerful form.

By enhancing the body's natural healing capacity, the PRP treatment may lead to a more rapid response.

Conditions that can be treated with PRP:

KNEE

- Ligament tears (MCL)
- Patella tendonitis
- Quadriceps tendon partial tears
- Arthritis (investigational at this point in my opinion)

HIP

- Bursitis
- Hamstring tears
- Labral tears
- Arthritis

SHOULDER

- Rotator cuff tendonitis
- Rotator cuff partial tears
- AC joint arthritis and pain
- Biceps tendonitis

ELBOW

- Ulnar collateral ligament sprains in baseball players
- Golfers elbow
- Tennis elbow

LEG

- Achilles tendonitis
- Peroneal tendonitis
- Plantar fasciitis

