



## PRP (PLATELET RICH PLASMA) INJECTIONS

### WHAT IS PRP?

Platelet-rich plasma (PRP) treatment involves the collection, concentration and injection of a patient's own platelets to accelerate healing of injured tendons, ligaments, muscles and joints. In this way, PRP injections harness a patients' own healing system to repair musculoskeletal problems.

### WHAT IS THE PURPOSE OF PRP THERAPY?

The healing of injured or inflamed tissue involves complex and precisely regulated series of natural processes within the body. Thrombocytes (platelets) play an important role in this process. At the site of the injury, they release growth factors that initiate the restoration of injured tissue and inhibit painful inflammatory processes. PRP therapy is based on an understanding of these processes. The concentrated growth factors support the bodies healing process.

PRP is not a "quick fix" and is designed to be a long-term healing solution. Patients who follow a rehabilitation course or physical therapy are likely to see the most improvement in the affected area. Studies have shown an 81% pain score improvement in tennis elbow patients six months after treatment with a 93% reduction in pain at the three-year follow up.

### WHEN MAY PRP HELP?

PRP may be a suitable option for you if you have been diagnosed with any of the following: tennis elbow, golfers' elbow, knee tendinosis, rotator cuff tears, plantar fasciitis and osteoarthritis. After treatment you can expect to see a significant improvement in symptoms, elimination of the need for more traditional treatments such as medication, cortisone injections or surgery and a general return of function.

### WHAT TO EXPECT:

You should schedule an evaluation to determine if PRP is a suitable treatment option. A MRI or musculoskeletal ultrasound may be done prior to the injection to ensure a proper diagnosis and to rule out any other conditions. The procedure usually takes less than an hour and is performed on an outpatient basis. You should not take anti-inflammatories for **one week before or after** the injection as this may reduce treatment benefits. Depending on your condition, between one and three sessions may be required.

### WHAT IS INVOLVED?

Blood is drawn from a vein in the arm. A separation procedure extracts and concentrates your blood to produce PRP – platelet rich plasma. The PRP is injected into the affected region under ultrasound guidance. The active substance is derived from your own body and is therefore well-tolerated. It is a rapid process done as an outpatient procedure.



## RISKS AND POSSIBLE PROBLEMS:

Although uncommon, the risks include signs/symptoms associated with any regular injection including pain, temporary numbness or weakness from local anaesthetic for several days, infection, no relief or worsening of symptoms, blood clot, nerve injury, skin discolouration, calcification, scarring, loss of fat to the affected area, and allergic reaction. After treatment if you experience any of the above side effects, please contact your doctor.

## POST INJECTION CARE:

- Gentle activity and rest is advised for the first 48 hours following PRP injection.
- Following this you can gradually resume your normal activities and commence rehabilitation exercises.
- A moderate amount of pain is expected in the 2 – 5 days following the procedure. It is possible this could go on for a few weeks in some cases. Simple pain relief medications such as paracetamol are recommended in this period. Check with your treating Pain Specialist on options available in your circumstances.
- It is recommended that you arrange someone to drive you home after the procedure.
- Apply RICE principles – Rest, Ice Compression and Elevation to affected area as needed.
- The effects of PRP injections do not usually occur quickly, you may find that over the course of a few months, you make slow and steady progress and improvement.

## MORE INFORMATION

is available at: <https://www.fpmx.com.au/solutions.html#treatment-procedures>