

What is Platelet-Rich Plasma

Platelet Rich Plasma, or PRP is blood plasma with concentrated platelets. The concentrated platelets found in PRP contain huge reservoirs of bioactive proteins, including growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing, bone regeneration and repair, and promote development of new blood vessels, and stimulate the wound healing process.



What are tendons and ligaments?

Tendons are collagen fibers that connect muscles to bone. Ligaments are collagen fibers that connect bone to bone. They both provide support and stability to the joints.

The limited blood supply of tendons and ligaments, combined with the stress of day-to-day activities decreases their healing ability. As a result the tendons and ligaments become inefficient causing chronic pain and weakness.

PRP Injection Application Sites

Shoulders

Elbows

Wrist and Hand

Hip

Knee

Ankle and Foot

Arthritic Joints

THE CENTER FOR MANUAL MEDICINE



"We Help You Help Yourself"

5000 SW 21st Street
Topeka, KS 66604
Phone: (785) 271-8100
Fax: (785) 271-9257

www.ctrmm.com

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Regenerative Injection Therapy

PRP

With Growth Factors in Platelet
Rich Plasma

Doug Frye, MD

How does PRP therapy work?

To prepare PRP, a small amount of blood is taken from the patient. The blood is then placed in a centrifuge. The centrifuge spins and automatically produces the PRP. The entire process takes less than 20-30 minutes and increases the concentration of platelets and growth factors up to 500%

When PRP is injected into the damaged area it releases growth factors that trigger the healing cascade. As a result the new collagen begins to develop in the ligament or tendon. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

I've heard of cortisone shots; is this the same?

Studies have shown that cortisone injections may actually weaken tissue. Cortisone shots may provide temporary relief and stop inflammation, but may not provide long term healing. PRP therapy heals and strengthens these tendons and ligaments, thus strengthening and thickening the tissue up to 40% in some cases.

What are the potential benefits?

Patients can see a significant improvement in symptoms and a remarkable return to function. This may eliminate the need for more aggressive treatments such as long term medication and surgery.

What can be treated?

PRP injections can be performed in tendons and ligaments all over the body. **Sports injuries, arthritic joints,** and more specific injuries including **tennis elbow, rotator cuff tears, plantar fasciitis and iliotibial band syndrome** may all be effectively treated with PRP.

How many treatments?

There is no limit to the number of treatments you can have, the risks and side effects do not change with the number of injections. One treatment is often enough. Response varies, but patience pays off. Studies show that improvement continues up to 6 months past the injection. If the desired goals are not met, further treatments can be added.

Is PRP right for me?

If you have a tendon or ligament injury and traditional methods have not provided relief, then PRP therapy may be the solution. The procedure is less aggressive and much less expensive than surgery. It stimulates tissue healing with minimal or no scarring and alleviates further degeneration of the tissues. There will be an initial evaluation with your doctor to see if PRP therapy is right for you. Often a diagnostic Ultrasound will be scheduled.

Are there any special instructions?

You are restricted from the use of non-steroid anti-inflammatory medication (NSAIDs), prednisone, and cortisone two weeks prior to the procedure and two to three weeks after.

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.

The first week after the procedure, patients will typically start a rehabilitation program with physical therapy. However aggressive physical activity is discouraged.

How soon can I go back to regular physical activities?

PRP therapy helps regenerate tendons and ligaments but it is not a quick fix. This therapy is stimulating the growth and repair of tendons and ligaments requiring time and rehabilitation. Through regular visits, your doctor will determine when you are able to resume regular physical activities.

Does insurance pay for PRP?

Medicare and Insurance companies consider this treatment experimental and therefore do not cover PRP. We accept cash, check, or credit cards due at time of service.