

What is Platelet Rich Plasma therapy?

Platelet Rich Plasma (PRP) therapy is a minimally invasive, non-surgical treatment that relieves pain by promoting long-lasting healing of musculoskeletal conditions using your body's own growth factors.

The body's natural response to an injury is to send platelets from the blood to the damaged tissues which initiates the natural healing process.

Platelets store a vast array of growth factors which are released at the site of injury. Through a process called cell signaling, the platelets call for other healing factors to be drawn into the site of injury. PRP acts in much the same way, but with an extremely high dose of platelets specifically injected into the target area. This treatment enhances the body's healing response to acute, chronic or inflammatory diseases.

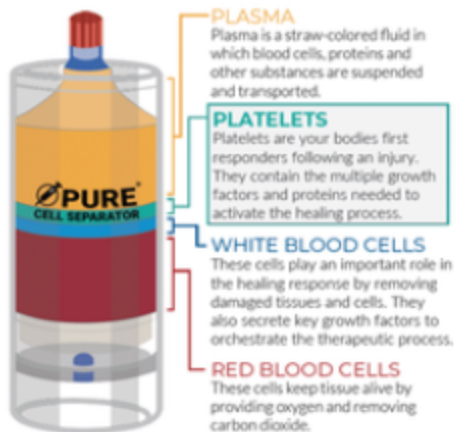
What is PRP?

PRP consists of a concentrated solution of platelets, growth factors, signaling molecules and other plasma proteins that play vital roles in orchestrating tissue healing and joint stabilization. To yield a therapeutic benefit, a dose of over 1 billion platelets per mL is required.^[1] The PRP used in this clinic contains a highly significant, industry-leading 7 to 10 fold increase in platelet concentration compared to whole blood. This concentration far exceeds the minimum requirement of 1 billion platelets per mL.^[2]

For decades, high level athletes have used PRP therapy to avoid surgery and benefit from shortened injury recovery times. By enhancing the body's natural healing capacity, PRP therapy has been shown to lead to a more rapid, efficient and more thorough healing and stabilization of tissues, bringing them back to a healthy state.



THE COMPOSITION OF BLOOD



Who should consider PRP?

PRP is ideal for patients who have not found an appropriate level of success in more conservative or traditional treatments, such as steroid injections, viscosupplements, physical therapy or bracing. PRP may also be an effective option for candidates that wish to attempt to delay or avoid a surgery.

What can I expect during the procedure?

PRP treatments are typically given in the doctor's clinic and can take between 30 minutes to an hour, from pre-procedural prep all the way through to putting a bandaid on the injection site.

A tailored PRP formulation is prepared depending on your specific requirement. A routine blood draw is performed, and anywhere between 20mL and 120mL of blood is taken depending on what is required to make the best PRP preparation according to your needs.

The blood is then carefully separated into its various components using centrifugation and is then re-centrifuged in order to concentrate the desired cells into a usable treatment. This is then mixed with a small amount of the blood's plasma to create Platelet Rich Plasma. The PRP is then ready to be injected. The whole system is enclosed so that contamination of the sample is not a concern.

What are the benefits of PRP?

- Minimally invasive, non-surgical procedure
- Enhanced healing with your own natural healing factors
- Extremely low incidence of side effects
- Minimal down time - Ability to carry on with your usual routine post injection

Is there any downtime after a PRP procedure?

Many patients resume their activities immediately following the procedure. Some patients experience a mild flare up of symptoms following a PRP injection. This will resolve in a day or two. Your provider will discuss specific limitations and rehab protocols with you before leaving the office. Our clinical team will walk you through each step of your procedure, providing you with information and guidance to maximize your recovery.

When can I expect pain relief?

Some patients experience pain relief shortly after their PRP procedure. It is typical for the effects to take 4 to 6 weeks to be fully experienced.^[1] Ongoing improvement from that point is also very typical. Your PRP results will vary depending on a number of factors. Our team will develop an optimized treatment and care plan specifically for your needs, ensuring the best possible outcome.

What body parts can be treated with PRP?



Is all PRP the same?

The characteristics of the composition of PRP are critical to final outcomes. There are a wide variety of commercially available kits which deliver very different cellular products. The red and white blood cell counts, platelet yield and the ability to concentrate the product efficiently vary dramatically. Variances in these categories will result in altered healing and efficacy.^{[1][4]}

We offer the highest standard of Platelet Rich Plasma available today. As a group we use only the most advanced and scientifically proven equipment which includes:

1. A therapeutic dose of over 1 billion platelets per mL of PRP ^[2]
2. A high dose of growth factors released at the site of injury ^[2]
3. A high platelet yield which recovers over 80% of the platelets present in your blood ^[2]
4. The purest form of PRP available, removing red blood cells and neutrophils prior to injecting, thereby reducing inflammation and a host of negative effects ^[2]

Does my insurance cover PRP therapy?

Although PRP in musculoskeletal applications is well supported by clinical evidence, the broader use of PRP therapy in treating pain is still considered relatively new at this time. Because of this, PRP is not typically covered by commercial insurance companies or Medicare, and is provided as a cash pay procedure. Our office staff can assist you with additional questions.

How much does a PRP treatment cost?

The cost of a PRP treatment varies based on the procedure performed. Our office staff can assist you with payment options and answer any other questions you may have.

REFERENCES



For a list of references scan the QR Code or visit:
<https://www.plymouthmedical.com/prp-publications>

Ask Your Healthcare Provider If PRP Therapy Is Right For You!



Your Body's Healing Power

Platelet Rich Plasma Therapy:
One of the most exciting
advancements in Orthobiologics

Reduce Pain.
Improve Function.
Get Back to Living.



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