



## **Platelet Rich Plasma**

### **What is PRP?**

PRP, or platelet rich plasma is a revolutionary new treatment for chronic sports and musculoskeletal injuries.

### **How does PRP work?**

Platelets are specialized types of blood cell. Most people know of them as the part of blood that forms a clot. While that is a primary function of platelets, they are also very involved in injury healing. Platelets are naturally rich in connective tissue growth factors. By concentrating and injecting these growth factors into damaged ligaments, tendons, and joints, they stimulate a natural repair process.

### **What conditions benefit from PRP?**

PRP treatment works best for chronic ligament and tendon sprains/strains that have failed other conservative treatment. These include:

- Rotator cuff injuries (partial tears or tendonopathy)
- Tennis and golfer's elbow
- Chronic thumb UCL sprain
- Hip and hamstring strains
- Knee sprains
- Patellofemoral syndrome and patellar tendinosis
- Ankle sprains
- Achilles tendinosis
- OCD lesions
- Plantar fasciitis
- Turf toe

Additionally, PRP can be very helpful in many cases of wear and tear osteoarthritis, helping to smooth over rough and arthritic cartilage.

To get the best results from treatment and prevent re-injury, specifically designed rehabilitation and exercise programs are incorporated into your treatment. This helps the newly developing connective tissue to mature into healthy and strong tissues. In addition, nutritional supports will be prescribed to help the healing process.