

**Platelet Rich Plasma (PRP) Injections**

Platelet Rich Plasma (PRP) injections are an emerging treatment for musculoskeletal injuries and joint arthritis. PRP is a method of concentrating platelets from your own blood which contain healing cells such as growth factors, stem cell signaling markers, and white blood cells. These cells are vital for tissue repair and regeneration. The PRP is then injected directly into an injured area or arthritic joint to help repair and rebuild the damaged tissue. This accelerated healing process reduces pain, promotes increased tissue strength, and improves overall function.

**How is a PRP injection preformed?** PRP therapy is a simple procedure that is performed in the office setting with little risk because the PRP is from your own blood. First a small sample of the patient’s blood is taken and concentrated in a centrifuge machine in a two-step process that eliminates red blood cells and neutrophils. The remaining plasma portion contains a high concentration of platelets up to 8 times that of whole blood. The PRP is then precisely injected into the injured tissue using ultrasound guidance. The PRP therapy accelerates the body's natural healing process leading to a faster and more efficient restoration of the injured tissue to a healthy state.

**How should I prepare for a PRP injection?** Avoid taking non-steroidal anti-inflammatory drugs (NSAID’s) and Aspirin for seven days prior to the injection. These medications include (but are not limited to) Advil, Ibuprofen, Aleve, Naprosyn, Lodine, Meloxicam, Relafen, Nabumetone, Celebrex, and Salsalate.

**What should I do after my PRP injection?** It is normal to feel very sore for up to several days after a PRP injection. For the first 48 hours you should rest the area and use as tolerated. For the next two weeks, you should perform light stretching and range of motion exercises. Two weeks after the injection, you should begin strengthening exercises under the direction of your health care team and/or physical therapist. The healing process typically takes place over a 4-6 week period. Please avoid ice and anti-inflammatories during this recovery period.

**How much do PRP injections cost?** PRP injections are not covered by most insurance companies, so there are out of pocket expenses to the patient. At Desert Spine and Sports Physicians, an additional cost of $800 per injection is paid by the patient to cover the expense associated with the PRP preparation. Insurance will be billed for office visits, associated procedures and other related expenses associated with the underlying diagnosis.