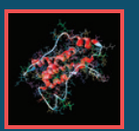
Platelet Rich Plasma (PRP)
treats musculoskeletal injuries using a concentrated form of your own blood

What is PRP used for?

PRP is used to treat musculoskeletal injuries. Its use has exploded with professional athletes looking for the fastest natural ways to get back to competition. Just this year, PRP has been used in professional football, baseball and basketball players. PRP has been tested and shown to be effective for hamstring tendonitis, tennis elbow or elbow tendonopathy and plantar fasciitis. PRP has also been shown to be effective for arthritis pain in the hip and knee with promising new data for shoulder and sacroiliac arthritis as well. Historically these conditions have been treated with steroid injections. These may still be appropriate, but multiple steroid injection weaken the tissues over time while PRP can strengthen them.

BY CONCENTRATING HEALING FACTORS FROM YOUR OWN BLOOD WE CAN INJECT THE BODY EXACTLY WHERE NEEDED AND FURTHER STIMULATE THE NATURAL HEALING PROCESS.



CONSIDER PRP FOR:

- *Hip arthritis*
- *Knee arthritis*
- *Shoulder arthritis*
- *Hamstring tendonitis*
- *Elbow tendonitis (Tennis elbow)*
- *Plantar Fasciitis*
- *Rotator cuff tendonitis*
- *Sacroiliac joint pain*

MINIMALLY INVASIVE SPINE PROCEDURES ORTHOBIOLOGICS

PRP

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interventional pain care

Healing Begins Now

We have worked to offer PRP
at a reasonable, all inclusive price.
Contact us today and start your healing.

Munish Lal, MD

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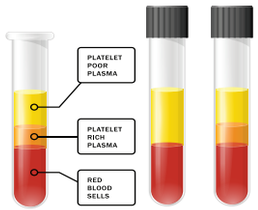
How can you ask your body to heal?

When injured, your body attempts to heal itself. Whether it's a cartilage, tendon, or disc injury the first response of the body is bring the repair mechanisms to the area that is injured. Cells like platelets, white blood cells and fibroblasts work to remove damaged tissue and build healthy new tissue. The cells know to come to the injured area because your body sends out chemical signals to attract the right cells to repair the damage. These signals are small chemicals called growth factors and cytokines. Unfortunately, sometimes the signal is too weak and acts too slowly or not at all and then you don't heal. PRP injection is a new therapy that amplifies and improves the healing signal and can get you back on your feet.

PRP amplifies the healing signal so can get you back on your feet.



How long is recovery?

Ligament and tendon injuries are usually treated with a single PRP injection, while arthritis in the hip and knee usually needs 3 injections done over 3 weeks. **After the injections, you should rest for 14 days**, avoiding all exercise and allow the platelets to create a gel and recruit your body's healing machinery. In the third week you can resume gentle range of motion exercises with your physical therapist but no more than that. Joint mobilization and range of motion is the focus until week 8. Only gentle strengthening exercises under the guidance of your physical therapist is allowed. No jumping or high intensity exercise. After week 8, you will return to exercise and sport gradually. PRP has been used in dental procedures for years. However, its use for musculoskeletal problems is new. Because of that, most insurance companies consider it an uncovered benefit. At Interventional Pain Care we have worked to offer PRP at a reasonable, all inclusive price.

RISKS & BENEFITS

Benefits of PRP are improved function and less pain. PRP promotes actual tissue healing so it is a durable solution. Unfortunately there are risks to everything in life, but PRP is a low risk procedure. With any needle placement in the body bleeding, infection and nerve injury are possible but rarely seen. For tendon injections there is a risk of tendon rupture. That risk is less than the risk of rupture with the typical corticosteroid injection. The PRP is your own blood product so there is no risk of allergy or rejection.

interventional pain care

What is PRP

PRP is an abbreviation for platelet rich plasma. PRP is simply some of your own blood, but concentrated 10 fold. Whole blood contains red blood cells suspended in plasma along with white blood cells and platelets. When blood is spun down in a high speed centrifuge, the red blood cells move to the bottom leaving the plasma, platelets, and white blood cells on top. Platelet's primary function is to stop bleeding by creating a clot in response to injury. But they also contain many important growth factors and cytokines, like platelet derived growth factor, fibroblast growth factor-beta, transforming growth factor-beta, vascular endothelial growth factor and epithelial growth factor-beta.
These natural chemicals attract other healing cells to stimulate, augment, and accelerate your natural healing process. If you injure yourself you'll have some platelets at the injury site now. By concentrating these factors into a small volume we can inject them exactly where you need them and further stimulate the natural healing process.

OUR PRP Protocol

First you need to come in for evaluation. In consultation with our board-certified physicians, you'll decide if PRP is the right choice for you. We will consider your pain condition, diagnostic tests and prior treatment history. We will ensure that you have tried usual conservative care before going to PRP as PRP is not considered first line therapy. If you decide on PRP, then you will be scheduled to come in for an image guided injection. Image guidance is crucial. If the PRP is not injected into the correct location perfectly then it will not work as effectively.
Creating the PRP is equally crucial and requires highly specialized equipment.
We use a state of the art platelet separator. You will come into the clinic and have sample of blood drawn. The PRP is extracted from your blood in about 15 minutes.
Lastly, the PRP is injected into the area that you need using sterile technique. The injection is not very painful, numbing the skin is usually the worst part of the process.
You must **stop any NSAIDs for 14 days before** and after injection. These are drugs like Motrin (ibuprofen), Aleve (naproxen), Celebrex (celecoxib), Mobic (meloxicam) and aspirin. There are many more of them so please ask us if you are not sure. NSAIDs work by inhibiting platelets and we need those platelets to work for you after the injection. We also ask you not to eat for 6 hours prior to injection. What you eat and drink can make your PRP fatty and potentially less effective.