What is PRP?
PRP stands for Platelet Rich Plasma, which is a fluid made from your own blood that contains a concentrated amount of platelets. In addition to their role in stopping bleeding, platelets contain more than 1,500 proteins that contribute to healing. In regards to orthopaedics, platelets are especially helpful in healing tendon, ligament and muscle tissues. They also help decrease pain and inflammation, and slow down degeneration in conditions such as arthritis.

When do we use PRP?
At the Missouri Orthopaedic Institute (MOI), we often use PRP as part of a comprehensive treatment plan to treat tendon and ligament problems; promote rotator cuff, meniscal and muscle healing; and decrease pain and inflammation associated with plantar fasciitis, tendinitis and arthritis. We only use PRP for orthopaedic problems for which there is scientific evidence supporting its use. Based on our research, PRP is safe and effective for treating these problems when indicated.

What are the potential risks and side effects?
PRP is delivered via injection to the treatment site. The injection itself, as well as the body’s initial healing responses, can cause discomfort for up to a week afterward. Our team will provide you with instructions on how to treat any discomfort and what to look for in terms of potential side effects, including the potential for infection. Some treatment plans may also include rehabilitation, which our team will walk you through step by step.

What are the costs?
Depending on your insurance coverage, some or all of the costs of PRP treatment may be covered. It’s important to check with your insurance provider prior to the procedure to determine how much you should expect to pay.

For more information, please ask your health care provider.

References