

Platelet Rich Plasma: PRP

What is PRP?

- PRP is a regenerative injection process, stronger than Prolotherapy.
- Like prolotherapy, it is also used for painful joints, ligaments, or tendons to stimulate the body to produce new healthy tissues.
- This helps to reduce pain, improve movement and restore function.
- We use PRP for more severe injuries or for patients who want to recover faster.
- Each session of PRP is equivalent to several prolotherapy injections. Preparing for PRP is much more involved, so is more expensive than prolotherapy.
- Your blood is drawn from your arm, just like is done for bloodwork testing.
- The sample is then processed to remove most red and white blood cells, purifying the sample to a golden-coloured platelet rich plasma.
- The platelets in PRP contain growth factors and other healing substances that are released upon injection back into the injured or painful tissue. These stimulate an inflammatory response and in turn proliferation of cells needed for healing and tissue regeneration.
- Since we are repairing the damaged tissue, we expect long lasting, durable improvements.
- The injections are done using ultrasound guidance to ensure the injection is as safe and accurate as possible.

What conditions can PRP help?

- Sprains and sports injuries
- Joint pain
- Rotator cuff injuries
- Tennis or Golfer's Elbow
- Plantar fasciitis
- Achilles tendonitis
- Greater trochanter pain in the hip
- Low back pain: SI dysfunction
- TMJ pain
- Other ligament or tendon injuries

What to expect after treatment?

- Post-treatment soreness is expected for 1-7 days after injection, and can be intense.

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How can I treat post-procedure pain?

- Tylenol (acetaminophen) or heat
- Please do not use ice or anti-inflammatory medications as this impairs the healing process

What should I avoid after treatment?

- Avoid ice or anti-inflammatory medications
- No manual therapy including massage, chiropractic treatment for 7-14 days.

How many treatments will I need?

- 1-2 treatments are typically required, spaced 6-8 weeks apart.

What are the risks?

- *Infection*: is a very rare but potentially serious complication. If you have a red, hot, swollen joint please contact our office immediately. If you cannot reach us please go to the closest emergency department.
 - If you develop these symptoms with fever, sweats, chills, or other flu-like symptoms, go to the closest emergency department
- *Post-treatment soreness*: 1-7 days post injection is most common, this can be intense.
- *Lightheadedness or nausea* are rare and generally resolve rapidly

When should I rebook?

- Injections should be done at 6-8 week intervals.

How can I improve my chances of long-term benefit?

- Ensure you are participating in rehab, even if that is at-home physiotherapy consisting of rolling and stretching. If you need a rehab practitioner recommendation, please ask. We want to make sure your biomechanics are optimized to promote long-term results.

Tips for before your injection:

- Be as healthy as you can when you plan to come for PRP; the results are proportional to the quality of your blood!
- Avoid anti-inflammatories 7 days before injection.
- Avoid corticosteroids (like cortisone injections) 2 weeks prior to PRP.
- Complete a brief (4 minutes is enough), intense bout of exercise like a sprint/jog within 30 minutes of the blood draw.
- Hydrate well before and after injection.
- Eat a small meal before your appointment.
- Bring a driver if you are driving far; soreness & stiffness are expected
- Wear appropriate/stretchy clothing.