

Platelet-Rich Plasma (PRP) Treatment

What To Expect

Normally, speed of recovery could be quicker when PRP is utilized. This has been evident with both the average patient and high-level athletes that have undergone such treatment. For example, professional athletes have been able to return to competitive play in less time expected for acute tendon injuries while experiencing few negative side effects and minimal scar tissue. Patients have also reported using less pain medication, and experiencing a greater range of joint motion over a shorter period of time. As a whole, patients have reported significantly less pain and are able to return to regular daily activities quicker. Ultimately, the primary goal of the procedure is an attempt to decrease pain and thereby increase function.

During a Procedure

Nonsurgical

Once PRP has been prepared, it is injected into the damaged area, such as tendon, ligament, cartilage, or joint. The surgeon will use digital imaging such as Fluoroscopy, Single Portal Scope or MSK Ultrasound to assist in delivering a PRP injection directly into the area of injury. You will not be asleep or anesthetized during this procedure. When used in an outpatient basis, a numbing agent such as Neuropin, Lidocaine, or Marcaine is used to eliminate any pain or feeling around the injection area. The surgeon will decide on which medication is to be administered based on an individual basis.

Surgical

For open incisions or arthroscopic surgeries, such as tendon, meniscal, ligament, cartilage, or joint repairs, PRP can be injected inside and/or around these areas/interfaces. This step can be added in order to potentially assist for possibly quicker healing and is administered while the patient is still under sedation.

After Procedure

Nonsurgical

Upon returning home, it is recommended that:

1. You use ice over the procedure area for pain relief.
2. Keep leg or arm elevated when possible and, if applicable, continue brace use as recommended.
3. Limit your activities as much as possible in order to remain comfortable and follow doctor recommendations on when you can resume heavy or repetitive physical activity (typically several weeks based on situation).

It has not been proven whether NSAID use (ibuprofen, Alleve, etc.) has any effect taken before, or after, PRP administration. Follow the doctor's recommendations in relation to any pain medication, such as Tylenol, or other Acetaminophen products.

Surgical

Based on the type of procedure performed, our surgeon and staff will advise you on how to care for your injury/condition to promote healing and avoid any complications – including the possibility of any rehabilitation/physical therapy post procedure.

Rehabilitation & Physical Therapy

Physical Therapy

Overview

Physical Therapy treatment after PRP injections will hopefully help you regain motion, strength, and function of the injured area. Your Physical Therapist will work closely with your doctor and his staff to ensure you return to activity as soon as possible without interrupting the healing process initiated by PRP.

Managing Any Pain

Any residual, or excessive pain after the injection (which is not unusual) can be addressed by your physical therapist through methods such as ice or heat, ultrasound, or electrical stimulation. Gentle massage around the area may also be used. Direct deep massage over the healing injury is generally avoided so as not to disturb the healing process, keeping in mind that the idea is to allow an appropriate inflammatory cascade to occur in a controlled fashion. Excessive use of therapy methods for the purpose of reducing inflammation should be avoided.

When to Start

PT will begin based on your doctor's recommendation. She/he will decide, based on your individual condition/injury when the best time is to start rehabilitation. As per doctor recommendations, a physical therapist will demonstrate and teach you stretching and strengthening exercises that will be done in the clinic and as part of a home rehabilitation program. Light stretching for the muscles around the injured area can usually be started almost immediately after the injection, but strengthening exercises and other forms of exercise involving the area will begin later as the tissue requires healing time after the injection before being heavily stressed.

The time frames recommended prior to strengthening can vary. In some procedures where PRP injections have been used for tendon problems, patients have been allowed to do light activities. Strengthening exercises may be delayed until symptomatic pain is better controlled. Ultimately, strengthening exercises will be initiated by your Physical Therapist as per doctor recommendations.

Types of Exercises

Rehabilitative exercises may include the use of light weights, Therabands, etc. for added resistance.

As the healing process progresses, weight-bearing/ROM (Range of Motion) exercises are used. Weight-bearing/ROM exercises force the healing tissue to withstand and tolerate various strains and stresses. This is particularly important in preparing the healing areas to tolerate the rapid motions used in normal daily activity and sport such as lifting a grocery bag, throwing a ball, running, or jumping.

Another important part of your rehabilitation program is the inclusion of Proprioception Exercises. Proprioception is your brain's ability to sense the relative positions and movements of your joint or limb even though your eyes are closed. Injury to any area can decrease the functioning of the receptors that assist with proprioception, particularly to a joint, or the tendons that attach close to, or around, a joint. Exercises that utilize balance, such as standing on one foot, or requiring precision, such as throwing an object at a target, will help strengthen your proprioception and assist in maximizing the function of your injured area so one can attempt to return to daily, or high level activities.

Body Alignment

Your physical therapist will also look closely at your body alignment and how you use the injured area in daily tasks, such as walking, using stairs, or using a computer, to ensure unnecessary stress is not added to your body. Proper alignment and technique with all your rehabilitation exercises will be emphasized for this same reason. Closely monitoring these areas during rehab will help in avoiding unnecessary stress to the affected region and will try to prevent re-injury.

Core Strengthening

This process is extremely important through the body's Kinetic Chain. A Kinetic Chain describes how related groupings of joints and segments have an effect on one another during movement. When one is in motion, it creates a chain of events that affects the movement of neighboring joints and segments. Strengthening/stretching such areas as hip flexors, gluteal structures, scapular stabilizers, hamstrings, and latissimus dorsi are just a few of the important areas needed to balance the overall Kinetic Chain, regardless of which area undergoes PRP treatment.

Education

Your physical therapist will talk with you about the most appropriate plan to return to sport, or everyday activity after a PRP related procedure and will advise you on the acceptable level of activity at each stage of your rehabilitation process. For athletes, sport-specific exercises, such as sport drills will be gradually encouraged to prepare you to return to your desired sport. Non-athletes may require education on managing their workload as they return to work, or education on managing daily chores such as housecleaning.

Working with your PT and your doctor in creating a well-planned rehabilitation program, along with adherence to the prescribed levels of rest, activity modification and activity duration can help to potentially achieve success with PRP injection/injections.

How Much Does PRP Therapy Cost?

Please contact our office at **850-398-8480** for a complete cost breakdown.

It is important to note that although PRP Therapy is an innovative, minimally invasive and effective treatment option, insurance providers do not cover it at this time. The procedure is currently considered experimental, and/or investigational, or listed as not medically necessary by providers, so the patient will be held responsible for all costs related to this procedure.

Certified Experience You Can Trust

Dr. Michael Gilmore (2-Time AAOS board certified surgeon) and his staff have an unwavering commitment to using orthobiologics, such as PRP Therapy, in a responsible and intelligent manner for the best possible patient outcomes. Our goal is to offer a comprehensive approach, which is based on strong scientific and clinical evidence, that is ***tailored specifically for you.***

Contact Us Today - (850) 398-8480