

## **Platelet Rich Plasma (PRP)**

An innovative, new therapy is now being used to treat musculoskeletal pain. It's called Platelet Rich Plasma (PRP) and it could transform how the medical field approaches the treatment of musculoskeletal pain.

### **Pain relief and healing benefits**

Here's how it works. The body reacts to illness and injury with a natural healing process. Platelet cells in the blood stream are the first to arrive on site. Packed with growth and healing factors, platelets initiate the repair process and attract the critical assistance of stem cells. Using this natural mechanism, PRP intensifies the body's efforts by delivering a higher concentration of platelets.

To create PRP, a small sample of your blood is drawn (similar to a lab test sample), and placed in a centrifuge. This device spins the blood at high speeds, separating the platelets from the other components. The concentrated platelet rich plasma (PRP) is then injected back into and around the point of injury, jumpstarting and significantly strengthening your natural healing ability.

### **Safe, effective, lasting results**

Although still in the early stages, patients treated with PRP so far have shown significant improvements in their pain and ability to function. PRP is an exceptionally safe procedure, performed in a sterile environment on an outpatient basis. Because your own blood is used, there is no risk of a transmissible infection and very low risk of allergic reaction. The reason this new treatment can be successful and long lasting is because PRP resolves pain through healing. Initial improvement may be seen within a few weeks, gradually increasing as the healing progresses.

### **Course of treatment**

Most patients pain will improve with 1 to 3 injections. The injections are given every 2 to 4 weeks.