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PRP

What is PRP?

Platelet rich plasma (abbreviated PRP) is a treatment used for some common orthopedic conditions. PRP is a concentration of platelet cells and plasma taken from your blood that contains highly concentrated growth factors that may help in the healing process of both acute and chronic conditions. These growth factors are chemicals that may signal the body to initiate a healing response. Injection of PRP into areas of injury or degeneration may stimulate and optimize your body's own ability to heal the condition.

To develop a PRP preparation, blood must first be drawn from a patient. The platelets and plasma are separated from other blood cells and their concentration is increased during a process called centrifugation.

How does PRP work?

Although it is not exactly clear how PRP works, laboratory studies have shown that the increased concentration of growth factors in PRP can potentially speed up the healing process.

What is PRP used for?

1. Chronic Tendon Injuries

According to the research studies currently reported, PRP is most effective in the treatment of chronic tendon injuries, especially tennis elbow, a very common source of pain on the outside of the elbow. The use of PRP for other chronic tendon injuries — such as chronic Achilles tendonitis or inflammation of the patellar tendon at the knee (jumper's knee) is promising.

2. Acute Ligament and Muscle Injuries

Much of the publicity PRP therapy has received has been about the treatment of acute sports injuries, such as ligament and muscle injuries. PRP has been used to treat professional athletes with common sports injuries like pulled hamstring muscles in the thigh and knee sprains.



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3. Surgery

PRP has been used during certain types of surgery to help tissues heal. However, the results so far show little or no benefit when PRP is used in these types of surgical procedures.

4. Arthritic joints

Research is being done to evaluate the effectiveness of PRP in the treatment of arthritis. Several small studies show better and more long-lasting pain relief than traditional forms of treatment.

5. Fractures

PRP has been used in a very limited way to speed the healing of broken bones. So far, it has shown no significant benefit.

What is the cost of PRP? Is it covered by insurance?

Most physicians charge between \$500 and \$1,000 per injection, although I have also heard of fees up to \$2,500. PRP injections are not covered by most insurance plans, so there is usually a fee for providing this service. If your insurance does not cover these injections, you can try to appeal to the insurance provider, but because PRP injections are deemed “investigational”, the likelihood of coverage may be low.

Are there risks with PRP?

Side effects are uncommon, but they are possible. Whenever a needle is inserted through the skin, infection can occur. The other more common side effect of PRP injections is an increase in inflammation and pain immediately after the injection.

PRP WEB SITES

<http://orthopedics.about.com/od/injectio2/p/prp.htm>

<http://www.orthohealing.com/plateletrichplasmatherapy-prp/>

http://www.hss.edu/conditions_platelet-rich-plasma-prp.asp

<http://orthoinfo.aaos.org/topic.cfm?topic=A00648><http://www.jockdoctors.com/page.asp?id=19&name=PRP%20-%20Platelet-Rich%20Plasma%20Therapy>