

OUR TREATMENTS

Platelet-rich plasma (PRP)

Orthobiologic Treatments using Platelet-rich plasma (PRP). Platelet-rich plasma is created by concentrating the platelets already present in your blood to intensify your body's natural healing process.

After the collection of platelets, concentrating your platelet-rich plasma in our laboratory enables us to achieve a higher level of purity. A higher level of purity means your treatment contains only what your body needs to start and continue the healing process.

What are platelets?

Platelets are packets of growth factors and other natural healing molecules. Platelets flow throughout your bloodstream and help to clot your blood. If you were to cut your skin, the platelets would:

- Stop the bleeding
- Release growth factors
- Help other cells heal your injury

How is PRP made?

We make PRP by performing a simple blood draw from a vein in your arm. This blood is then placed into a centrifuge, which separates the platelets from other components of your blood. Our process:

- Perform a simple blood draw
- Purify and concentrate the platelets
- Inject to the site of injury

What are the clinical indications for using PRP?

PRP is being studied and used for many orthopedic conditions. For example, There are over 30 level 1 studies published showing that PRP is a better treatment than steroid or hyaluronic acid injection for knee osteoarthritis. PRP has now been used and studied for virtually every joint, tendon, and ligament injury in orthopedics.

What happens after the PRP injection in the office?

Most patients will have some soreness after the injection that should decrease rapidly. Patients should not take aspirin or other NSAID medications after the procedure because they may block the effect of PRP. Patients can use Tylenol and other pain medications that don't block the inflammatory process. Patients should refrain from significant physical activity or sports activities for a week after the procedure. Patients are re-evaluated often after the procedure to make sure their recovery process is proceeding according to plan.

What is the cost for PRP therapy?

In the United States most insurance plans and Medicare/Medicaid do not currently cover PRP therapy. Patients interested in having PRP therapy are responsible for the full payment for the procedure. Our current pricing for PRP injections depends on the number of injections and the locations. The price includes typical follow up care after the procedure. Our doctors do not want cost to be a factor for patients who wish to have PRP therapy and we have clinical specialists who can help with billing and payment concerns. Please call **833-AOB-SHOT (833-262-7468)** with questions on cost or payment plans.