

# Platelet-Rich Plasma Therapy

Platelet Rich Plasma (PRP) is composed of plasma with a high concentration of platelets containing growth factors. A normal platelet count is 150,000-350,000 while PRP contains 3-6 times that number and sometimes more.

## **Why do we use it?**

Platelets help clot the blood and contain the powerful growth factors needed to start the healing process. There are many growth factors with varying responsibilities, however, cumulatively they accelerate tissue and wound healing.

## **What can it be used for?**

PRP can be used for a wide variety of injury ranging from chronic Achilles tendonitis to golfers and tennis elbow. This image shows the various ailments that may benefit from a PRP injection.

**Who can benefit from PRP?**

Anyone, from professional athletes to those who enjoy recreational activities or whose wounds are difficult to heal, can benefit from the healing effects of PRP.

**How is the procedure performed?**

The entire procedure takes about 45 minutes from start to finish and does not require sedation as most patients tolerate it very well. After arriving in the surgicenter, a nurse will draw 10-20cc of blood from a vein in your arm. The blood will then be separated by a centrifuge to concentrate the platelets and growth factors. The physician will then use an

ultrasound or fluoroscope to isolate the proper target for the PRP and using a needle inject the PRP into the inflamed area.

[American Academy of Orthopedic Surgeons - Platelet-Rich Plasma \(PRP\)](#)

[Platelet-rich plasma therapy - future or trend?\(PDF\)](#)