

PLATELET RICH PLASMA

What is PRP?

PRP stands for Platelet Rich Plasma, which is a fluid made from your own blood that contains a concentrated amount of your platelets. In addition to their role in stopping bleeding, platelets contain more than 1,500 proteins that contribute to healing. Fortunately for us in orthopaedics, the tissues they help heal really well include tendons, ligaments and muscles. They also help decrease pain and inflammation, and slow down degeneration, in conditions such as arthritis.

When do we use PRP?

At the Missouri Orthopaedic Institute (MOI), we often use PRP as part of a comprehensive treatment plan to treat tendon and ligament problems, promote rotator cuff, meniscal, and muscle healing; and decrease pain and inflammation associated with plantar fasciitis, tendinitis and arthritis. At the MOI, we only use PRP for orthopaedic problems for which there is scientific evidence supporting its use. Based on our research, PRP is safe and effective for treating these problems when indicated.

What are the potential risks and side effects?

PRP is delivered via injection to the treatment site. The injection itself, as well as the body's initial healing responses, can cause discomfort for up to a week afterward. Your health care team will provide you with instructions regarding treatment of any discomfort you might have, what to look for in terms of potential side effects, including a slight risk for infection; and other components of our comprehensive treatment plan, that could include things like rehabilitation.

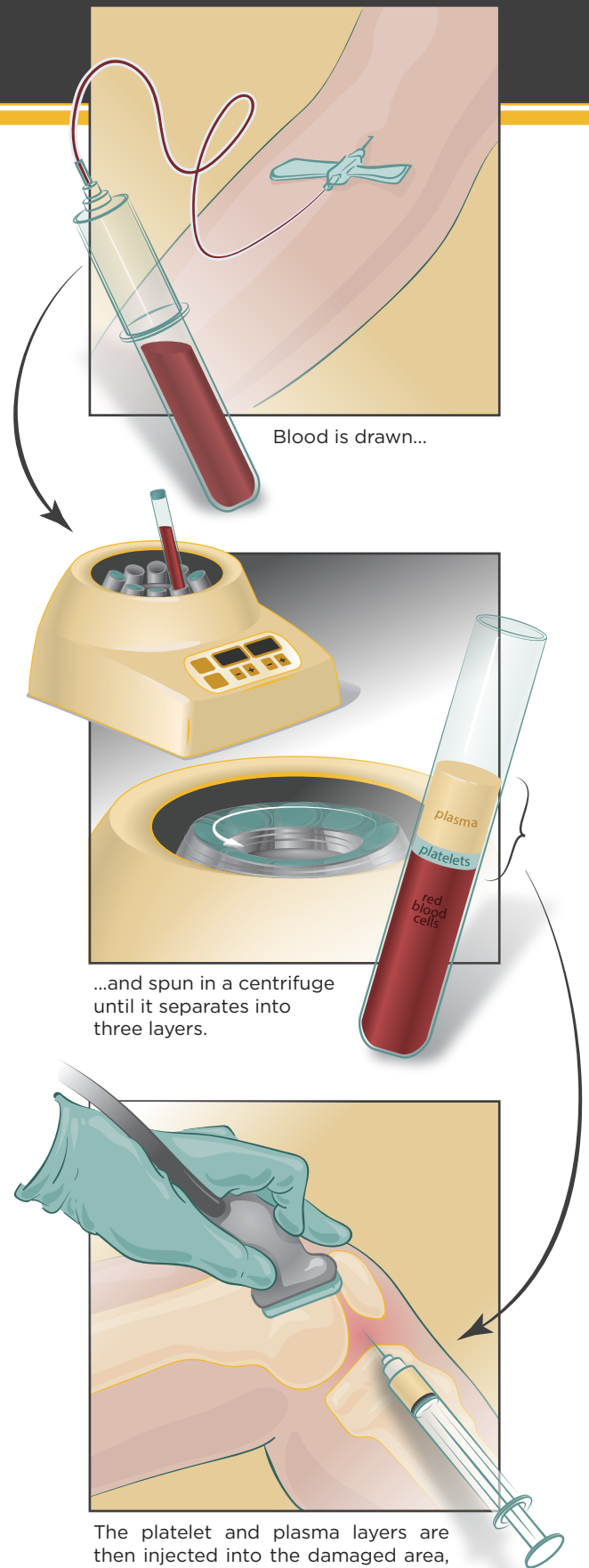
What are the costs?

Your insurance company may cover some or all of the costs associated with PRP treatment at the MOI. However, this is not always the case. It is imperative that you check with your insurance provider to determine the financial aspects of the treatment. If PRP is not covered by your insurance carrier, the out-of-pocket price is \$350 for one injection or \$600 for two.

For more information, please ask your health care provider.

References

1. Cook JL, Stannard JP. *Clinical Decision Making for Use of Biologics in Orthopaedic Practice*. In, *Biologics in Orthopaedics*, Thieme, New York, 2015
2. Hsu et al. PRP in orthopaedic applications: evidence-based recommendations for treatment. *J Am Acad Orthop Surg* 2013



The platelet and plasma layers are then injected into the damaged area, often using ultrasound as a guide.