



Sports Medicine in Campbell Platelet Rich Plasma Information and Instructions

Platelet rich plasma (PRP)

- Platelets are tiny blood cells that circulate in your blood. They serve many functions including initiating pathways that are involved in tissue healing, tissue remodeling, and pain relief.
- PRP also contains an enormous amount of growth factors that naturally circulate in your body

PRP preparation and injection

- To obtain PRP, we draw your blood using a small needle into a specialized tube.
- The tube is placed in a centrifuge to concentrate the number of platelets.
- These concentrated platelets are mixed within the plasma (hence, platelet rich plasma) and injected under ultrasound guidance into the affected area.
- The entire process takes about 30 to 40 minutes and is done in the office.
- The injection itself is fairly painless and in most situations you can drive yourself home afterwards

Benefits of PRP

- There is a large and growing amount of research which supports the use of PRP in soft tissue problems such as tendinopathy as well as bone problems such as osteoarthritis.
- Because PRP injections work on a cellular level, it can take up to 4 weeks to start feeling improvement. A majority of patients feel significant improvement by 12 weeks.

Side Effects

- All injections come with a risk for bleeding or infection. Our injections are done using sterile technique and under ultrasound guidance to minimize these risks.
- Some people will have a local inflammatory reaction after getting a PRP injection. This is a normal process and is due to your body responding to the release of growth factors. This resolves on its own after a few days.
- Fevers, significant redness, and persistent swelling or pain at the site of the injection are NOT normal. Let your physician know immediately as these could be signs of an infection.

What to do before and after a PRP injection

- **Please arrive 30 minutes BEFORE your scheduled visit.** This allows us enough time to start the blood draw and centrifuge process.
- Non steroidal anti-inflammatory (NSAID) medications must be stopped at least **TWO WEEKS BEFORE** the procedure. These include aspirin, ibuprofen (motrin), naproxen (aleve), meloxicam (mobic), celecoxib (celebrex), indomethacin (indocin), diclofenac (voltaren), etc. They should be held for a minimum of two weeks after the injection, the longer the better.
- Avoid strenuous activity involving the injection site for one week after the procedure. Day to day activities such as walking and household activities are fine.
- Apply heat or a warm compress to the injection site after the procedure. Continue to do so 3 times a day for 10 minutes each. Do this for the first 3 days. Avoid ice.
- You may take 1-2 tablets of extra strength Tylenol if you have discomfort after the procedure.



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Rehabilitation is just as important as the PRP injection. There are many factors such as age and comorbidities that predict how quickly a person will heal and how fast they will progress.

| Time | Restrictions | Goals of Rehabilitation |
|------------------------------------|---|---|
| Phase 1 (Week 1) | <ul style="list-style-type: none"> - No anti-inflammatory medications - No weight training - No strenuous activities - No aggressive soft tissue techniques - No icing | <ul style="list-style-type: none"> - Rest for the first three days - Apply heat as needed for the first week - Progress to gentle range of motion and stretching |
| Phase 2 (Weeks 2-4) | <ul style="list-style-type: none"> - Avoid anti-inflammatory medications - Limit aggressive soft tissue techniques | <ul style="list-style-type: none"> - Start with low weight high repetition isometric and concentric exercises - Progress towards eccentric exercises - Start proprioceptive and balance training - Soft tissue stretches and mobilization |
| Phase 3 (Weeks 4-6) | <ul style="list-style-type: none"> - Avoid anti-inflammatory medications if possible | <ul style="list-style-type: none"> - Eccentric exercises - Proprioceptive and balance training - Plyometrics - Sports specific exercises |
| Follow up appointment at 4-8 weeks | | |

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| <p>Why PRP over cortisone? https://youtu.be/dqdmq_gTy-M</p>  | <p>PRP FAQ: https://youtu.be/RLy-kiplp1s</p>  | <p>PRP Aftercare & Recovery: https://youtu.be/dU5mfuVmKBM</p>  |
| <p>How to Optimize your PRP: https://youtu.be/rnFkPcdBoOk</p>  | <p>PRP and NSAIDs: https://youtu.be/fNw-o-NHKh4</p>  | <p>PRP Concentrations: https://youtu.be/NPrNeyx6Bv8</p>  |