



Kent
Musculoskeletal Clinic
Helping people enjoy pain free lives

Platelet Rich Plasma (PRP) Injection
Patient Information



What is Platelet Rich Plasma (PRP) Therapy?

PRP is broadly defined as plasma with platelet concentration higher than baseline.

How do you produce PRP?

We take a small amount of blood from your forearm. This blood then goes through a centrifuge for about 10 minutes to separate the red blood cells, white blood cells, platelets and plasma. We then reinject the plasma back into the joint of soft tissue needing treatment.

How does PRP work?

Concentrated growth factors and proteins within the plasma can help to reduce inflammation and pain. They also promote healing and restore function without compromising safety of the tissue and joints.

What conditions can be treated with PRP?

PRP treatment can be used for people suffering with chronic tendinopathies such as Tennis Elbow, Golfer's Elbow, Patellar tendinopathy and Achilles tendinopathy. PRP can also be used for early to moderate arthritis and cartilage degeneration in patients who are keen to avoid surgical management.

When is PRP recommended?

According to published evidence, if a patient has not responded to conservative treatments, such as over-the-counter painkillers and rehabilitation, PRP can be used as an alternative treatment option for chronic tendinopathies and arthritis.

Does PRP cure arthritis? Does PRP regenerate cartilage?

No, PRP does not cure arthritis and neither does it regenerate cartilage. However, it will help to reduce inflammation and pain. PRP can also help to maintain joint integrity and restore function without compromising joint or soft tissue quality.

How successful is PRP treatment?

According to the latest published evidence, for chronic tendinopathies and early to moderate osteoarthritis, the success rate of PRP is between 70-80%.

How many injections of PRP are required?

The recommended dose of PRP for treating tendinopathies or arthritis is three injections. However, if you are having a highly concentrated PRP injection, such as nSTRIDE, the recommended dose is one injection.

How long does PRP treatment last?

If a patient has responded positively to PRP treatment, the benefits can last for up to 12-18 months. However, this can depend on the severity of the condition and the lifestyle of the patient.

Is it safe to repeat PRP treatment?

Yes, using your own plasma is the most safe and natural way of healing tissues and restoring joint function. It can be repeated multiple times providing the patient benefits from the treatment.

Are there any risks associated with PRP treatment?

It is important to be aware that there are always risks associated with any injection procedure, such as infection and 1-2 people can experience worsening of symptoms. The main risk associated with having PRP is no response to the treatment.

Are there any side effects to the PRP treatment?

PRP treatment is a relatively safe procedure, however around 10% of patients experience acute post injection flare which could last 2-7 days after the procedure. The flare is most common in soft tissue injections rather than in joint injections.

Can you take painkillers after having PRP treatment?

PRP treatment is a proinflammatory, which initiates natural inflammation to start the healing process. This is why we advise patients to avoid taking any anti inflammatories, such as ibuprofen, naproxen and diclofenac within a week after PRP treatment. If you experience a bad flare up, we recommend using an ice pack around the treatment area or taking paracetamol or codeine.

Is it important to have PRP injections under ultrasound guidance?

Yes, it is important to have PRP injections under image guidance, this could be ultrasound, x-ray or CT. As PRP treatment works around the damaged tissue and joints, it is important for the PRP to be delivered under image guidance. Recent studies have demonstrated that using ultrasound guidance in delivering PRP has better results.

Do patients need to fast before PRP treatment?

No, there is no need to fast before PRP treatment. In fact, patients need to drink and eat well before coming for PRP treatment. Drinking plenty of fluids helps with easy blood drawing.

Can a patient go back to normal activities and rehab following PRP injections?

We recommend 2 weeks of no high impact activities following PRP injections. However, you can continue with ongoing rehabilitation as recommended by your physiotherapist.



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Clinic Locations :

**Harley Street
Specialist Hospital**
18-22, Queen Anne Street
London, W1G 8HU

R & D Physio
45 Queen Anne Street
London
W1G 9JF

City Way Health Clinic
Fort Pitt House
New Road
Rochester
Kent ME1 1DX

**Team Buckley Physiotherapy
& Osteopathy**
2 Broad Oak Road
Canterbury
CT17 9PW

Tel : 01634 500234 / 07506 332353

info@kentmskclinic.co.uk - www.kentmskclinic.co.uk