

Platelet Rich Plasma Injections (PRP)

What is Platelet Rich Plasma?

Platelet Rich Plasma (PRP) is a tool that can be used to promote healing and regeneration of injured or degenerated tissues. PRP is obtained by processing a blood sample to remove the red blood cells and concentrate the platelets, which are the cells that naturally circulate to injuries to stop bleeding and begin healing.

What Does Platelet Rich Plasma Treat?

- Shoulder pain
- Sacroiliac pain
- Back pain
- Elbow pain
- Muscle injury
- Knee pain
- Achilles tendon
- Arthritic joint pain
- Plantar fascia foot pain
- Neck pain



How Does Platelet Rich Plasma Work?

A syringe of your blood is drawn and placed in a machine called a centrifuge, which spins the blood to separate the platelets from the other blood components. The concentrated platelet fraction will then be extracted and prepared for injection into the injured area. The platelet concentrate is injected directly into the involved tissues. The platelets then become “activated” in that area and help your body to begin the healing process. Sometimes other “boosters” such as Stem Cells or Growth Factors can be mixed with the PRP for an even more robust response.

What Should I Expect From Platelet Rich Plasma Treatment?

You should arrive for your PRP treatment well rested, nourished, and hydrated. If you take or are prescribed any blood thinners or anti-inflammatory medications, be sure to discuss with your provider in advance whether these should be modified for a time before or after the procedure.

The first step will be to draw a blood sample into a special tube that prevents it from clotting. This sample will then be processed, and the derived PRP will be injected into the involved area. An Ultrasound machine may be used to visualize the tissues in the injured area and perform the injection as precisely as possible.

Pain may be increased during the first few days after the procedure. Ice and/or Tylenol can be used to lessen the pain. You will be scheduled to return for a reassessment appointment approximately one month after the procedure. We will discuss your progress and whether further treatment is recommended.



OUR LOCATION

825 Bennett Ave.
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Call for appointment or referral:

Phone 541-779-5228
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