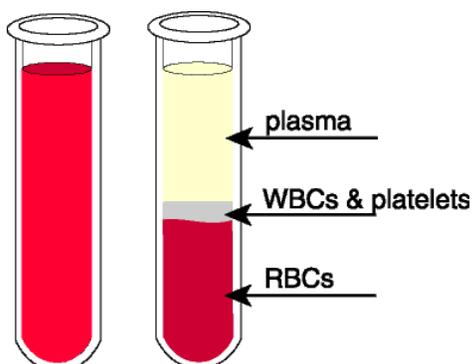
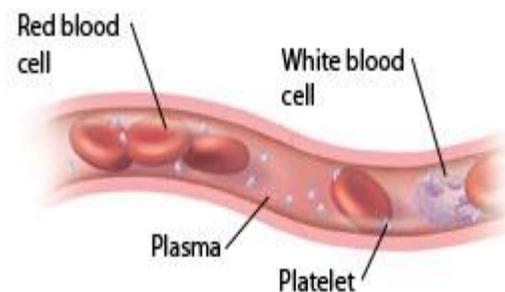


PLATELET-RICH PLASMA (PRP) INJECTION

Information for Patients and their Families

What is “platelet-rich plasma” (aka PRP)?

- Your blood is made up of several components:
 - **Red blood cells**, which carry oxygen to your tissues.
 - **White blood cells**, part of your immune system, protecting the body from infection.
 - **Platelets**, small packets of chemicals suspended in the blood. They aid in clotting and also contain growth factors that help with inflammation and the body’s natural healing process.
 - **Plasma**, the liquid component of your blood. It is a yellowish fluid in which blood cells are suspended, and it makes up more than 50% of your total blood volume.



Platelet-Rich Plasma (PRP)

- PRP is obtained by drawing a quantity of blood from your body.
- This blood is spun in a centrifuge, separating the platelets from the red blood cells and increasing the concentration of platelets and growth factors **up to 500%** or more.
- The concentrated platelet mixture is injected into a damaged tendon/ligament to cause inflammation and begin the healing process.

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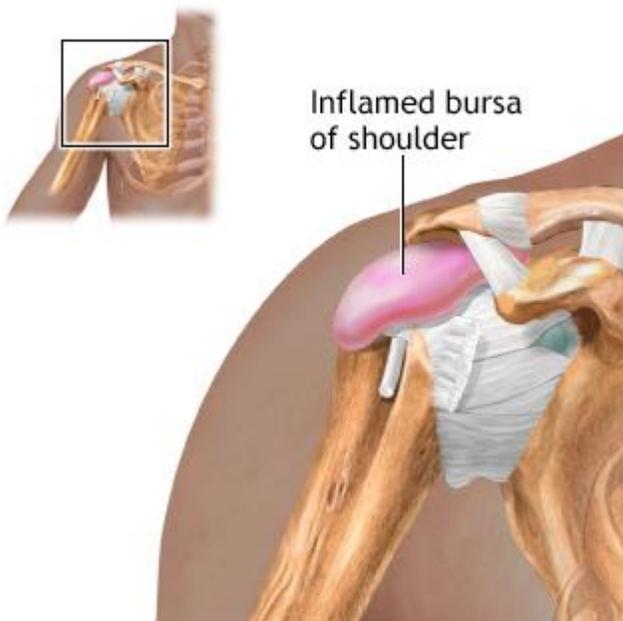
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What types of injuries might be helped by this treatment?

- PRP is best for tendon or ligament injuries, such as:
 - Plantar faciitis
 - Iliotibial band syndrome
 - Hamstring injuries
 - Tennis elbow
 - Rotator cuff tears
 - Bursitis



PRP can help with tennis elbow (top right) and bursitis (above)

How will this help you?

- **When PRP is injected into a damaged area:**
 - It creates inflammation, which catalyzes the natural healing process.
 - You may experience increased pain and soreness for a few weeks post-procedure.
 - Eventually, new collagen develops, tightening and strengthening damaged tendons and ligaments.
- **PRP is safer and less invasive than other treatments:**
 - May eliminate the need for more aggressive and expensive treatments, like surgery and pain medications.
 - Safer to repeat than corticosteroid injections.

Will your insurance cover the procedure?

- Some plans do, and some don't. As it is a relatively new procedure that is considered "experimental" by some insurance companies, we recommend you call your insurance plan directly to verify coverage and benefits. Many of our patients "self-pay" for this procedure.

Please call us with any questions or concerns at 303-494-7773

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PREPARING FOR A PLATELET-RICH PLASMA INJECTION

1. One week before your appointment:

a. Stop taking any non-steroidal anti-inflammatory medications (NSAIDs), including:

- Aspirin
- Ibuprofen (Advil and Motrin)
- Naproxen (Aleve)
- Meloxicam (Mobic)
- Diclofenac (Voltaren)

b. Remember, you cannot take NSAIDs for several weeks after the injection as they may inhibit the inflammatory and healing response created by the PRP injection.

2. Arrive at your appointment:

a. Please be on time! This will prevent you from feeling rushed and give you the best possible experience.

b. Make sure you are well-hydrated and remember to eat a good meal before the appointment so you feel well during the blood draw.

c. You may want to bring a book or other reading material as you will need to wait fifteen minutes while the blood is being prepared.

d. If you suffer from an extreme fear of needles or are anxious about the procedure, please inform us so we can give you Xanax or Valium, or sedate you before the procedure. **Please tell us if you need any of these measures when your appointment is scheduled.**

3. **Make a physical therapy appointment.** It is recommended that you consult with a physical therapist during the course of your PRP treatment

4. **Rest.** The procedure can cause some soreness and discomfort for about 4 weeks. This is normal and can be treated with extra-strength Tylenol and ice/heat compresses. Stronger pain medications may be prescribed as needed. No anti-inflammatory medicines should be taken for several weeks after the PRP.

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