



## PRP (Platelet-rich Plasma Injection)

A platelet-rich plasma (PRP) injection is a medical treatment that involves using a concentrated form of your own blood's platelets to promote healing in injured or damaged tissues. PRP therapy is increasingly used during medical procedures to encourage tissue repair and regeneration.

### **Preparation:**

- A small amount of blood is drawn, similar to a routine blood test
- The blood is placed in a centrifuge, which spins it at a high speed to separate its components. A concentrated platelet-rich plasma is extracted for use

### **Injection:**

- The PRP is injected into the specific area needing treatment, such as a joint, tendon, ligament or injured muscle

### **Mechanism:**

- Platelets are rich in growth factors and proteins that play a key role in healing. These growth factors can stimulate cell repair, reduce inflammation, and promote new tissue growth in the treated area

### **Advantages:**

- Using a person's own blood can reduce the risk of allergic reactions or infection
- By promoting healing PRP may help avoid or delay the need for more invasive treatments, like surgery

### **Limitations:**

- Results can vary, and not all patients experience significant improvement
- It is not always covered by insurance, so it may involve an extra cost

