

PLATELET RICH PLASMA INJECTION (PRP INJECTIONS)

What is a Platelet Rich Plasma Injection?

Platelet Rich Plasma (PRP) Injections are an emerging treatment for musculoskeletal injuries. PRP is a method of concentrating growth factors from the patient's blood and then injecting this concentrated blood product directly into an injured area. In this way PRP acts as biologic augmentation to jump-start or enhance healing. These injections are usually performed in areas like ligament and tendons that have relatively poor vascular supply.

Why am I hearing so much about PRP?

Evidence from clinical trials is encouraging but by no means definitive. Despite this lack of scientific evidence PRP has become a popular form of treatment due to low risks and high media coverage of PRP. PRP use has been driven largely by patient interest and good outcome based on individual physician experience. News stories of professional athletes using PRP (for example:

http://www.philly.com/inquirer/health_science/weekly/20090810_Blood_therapy.html)

to speed recovery and featured stories in the New York Times (for example:

http://www.nytimes.com/2009/02/17/sports/17blood.html?_r=1) and CNN (CNN

VIDEO need link: **Doctor accused of drug scheme** 3:08

A sports doctor with ties to Tiger Woods faces charges of trying to sell a potentially performance-enhancing drug. **Source: CNN** | Added December 17, 2009) have helped fuel this trend. In addition recent articles on PRP have appeared in major medical journals (Platelet-rich Plasma: Current Concepts and Application in Sports Medicine Hall et al. *J Am Acad Orthop Surg.*2009; 17: 602-608) and PRP seems to be gaining credibility within the medical establishment.

How is a PRP injection performed?

The PRP is derived by placing a small amount (approximately 30ml) of the patients' blood into a special centrifuge that rotates at a high rate of speed, allowing the physician to separate red blood cells and plasma from the platelets. The platelet rich portion of the blood is then extracted (approximately 3ml) prepared for injection and then placed at the site of injury. At the Marquette Sports Medicine Institute ultrasound is used to directly visualization of the needle in order to place the PRP at the specific site of injured tissue.

How much do PRP injections cost?

PRP Injections are considered experimental by most insurance companies, so there are out of pocket expenses to the patient. Out of pocket cost vary by clinic and should be available by request prior to agreeing to any treatment. At the Marquette Sports Medicine Institute an additional cost of approximately \$250 per injection is paid by the patient to cover the expense associated with the PRP preparation. Insurance will be billed for physician office visits; associated procedures and other related expenses associated with underlying diagnosis. Feel free to contact us for specific information related the cost or to schedule an appointment (Dr. J. Bryan Dixon, 906-225-1321) to see if you are a candidate for PRP treatment.