

WHAT ARE PRP INJECTIONS?

Platelet-rich plasma (PRP) injections have been used to heal injuries since the mid-to-late 90's and are routinely used to repair soft tissue to stimulate the healing process. PRP injections often relieve pain almost immediately, while also promoting long-lasting recovery. The injections are also safe for older patients as well as younger, more athletic individuals. Let's take a look at some of the most common questions surrounding this treatment.

What can PRP injections help relieve?

Knee sprains and instability are some of the most common ailments treated by PRP injections. However there are several other issues that can be treated through PRP injections, such as hamstring pains, tennis elbow, rotator cuff injuries and ankle sprains. PRP injections are an excellent pain reliever for various athletic injuries and a good tool to aid in soft tissue recovery. As PRP injections are a long-term healing process, it is meant to be permanent.

PRP injections are safe and are formulated to work when injected directly into the aggravated tissue.

How many PRP injections do I need?

Depending on the severity of your issue, you may require more than the average amount of PRP injections at the same site. Generally, patients only need three to four injections.

What is the process of getting a PRP injection?

After thorough cleansing and preparation, the injection is prepared by the doctor and injected into the pain site. The entire process only takes about an hour. After the injection, you'll take a bit of time to recover in our office.

What is the recovery time for PRP injections?

Typically, patients will want to avoid returning to any strenuous activities for about three weeks to better give yourself time to heal. You should also discuss at-home rehab and exercise options with

your doctor. This is done in an effort to prevent future injury as well as potential re-injuries as a result of physical activity.

Interested in Learning More About PRP Injections? Contact Our Doctors To Learn More.

To learn more about PRP Injections and other pain or injury treatments, contact us today and schedule a consultation. We can be reached at 1-844-ACTIVE-ORTHO. We look forward to hearing from you soon.

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