

# Platelet-Rich Plasma (PRP) Procedure

A non-surgical treatment for patients with joint & muscle discomfort

## What is Platelet-Rich Plasma?

Platelet-rich plasma (PRP) is your body's own safe alternative treatment for orthopedic joint, tendon, ligament and muscle injuries. PRP has been used for many years, having its origins in the cosmetic and dental fields. It is now applicable to the patient's area of injury to speed healing, and decrease pain and inflammation.

## Injuries Treatable with PRP

- Sports Injuries
- Arthritic Joints (hip, knee, shoulder, ankle)
- Tendonitis (tennis and golfer's elbow, rotator cuff, Achilles tendon, hip gluteal tears)
- Cartilage injuries (chondromalacia)
- Ligament injuries (elbow, knee, ankle)
- Labral tears of the shoulder and hip
- Muscle strains (hamstring, quadriceps, calf)
- Painful heel syndrome (plantar fasciitis)
- Overuse injuries

## Healing Abilities of PRP

Platelets are tiny cells containing hundreds of growth factors that control and regulate the natural healing process by recruiting stem cells to the injured site. Platelets contain many anti-inflammatory factors, but also release signaling proteins that attract your body's regenerative cells to the injured area.

## PRP Treatment Process

The procedure is typically performed in an office setting. Platelets are obtained by a simple blood draw from the arm. Once the blood is drawn, it is spun in a centrifuge to obtain the highest concentration of growth and anti-inflammatory factors.

This high concentration of nutrients is then injected into the exact site of injury or pain, creating natural healing over the next 1-3 months.

By injecting concentrated PRP into an area of concern, your body will recognize this site as a priority to heal it quickly and thoroughly.

## Initial Consultation

PRP procedure is available at our Fishers, Anderson and Muncie offices. An initial consultation will explore individualized treatment plans, which may help avoid surgery or be used as an adjunct to a planned procedure. Procedure costs will vary; however, this is typically a procedure which is not covered by insurance and thus will be an out-of-pocket expense.

To request an appointment, call 800-622-6575 or visit [ciocenter.com](http://ciocenter.com). Appointments can generally be scheduled within a few days.



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