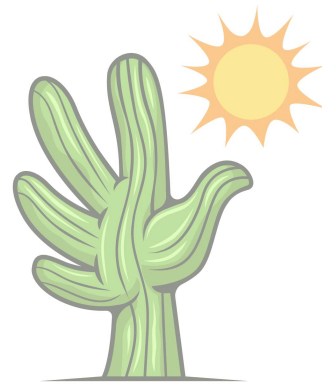


**John Dunn, MD**

Double Board-Certified Hand, Wrist, and Nerve Surgeon

JohnDunnMD.com

**PLATELET RICH PLASMA (PRP) INJECTION**



What is it?

- PRP is an injection of your body's own stem cells and growth factors to heal injuries.
  - o While a steroid injection decreases inflammation and healing, PRP causes inflammation in order to naturally heal your body's injuries.
- Blood is drawn from a vein in your arm, spun down to separate your stem cells and growth factors, that portion is then removed and injected into a damaged tendon, ligament, or joint.
- Used by professional athletes or those wishing to avoid a surgical procedure (like tendon repair)

PRP has been shown to be helpful in scientific literature for the following conditions:

- Tendon:
  - o Tennis elbow
  - o Achilles
  - o Plantar fasciitis
  - o Rotator cuff
  - o Patellar
  - o Hamstring
- Surgical repair of:
  - o Rotator cuff
  - o Anterior Cruciate Ligament of the knee (ACL)
  - o Achilles
  - o Meniscus
- Arthritis of:
  - o Knee
  - o Hip
- Ligament:
  - o Ankle sprain
- Muscle injury
- Fracture healing
  
- Dr. Dunn's research group has an on-going clinical trial evaluating PRP for wrist injuries

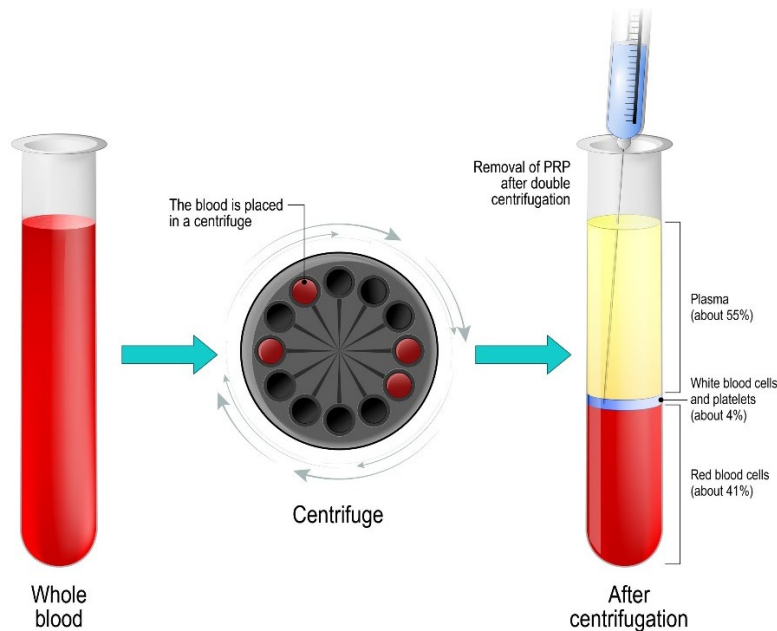
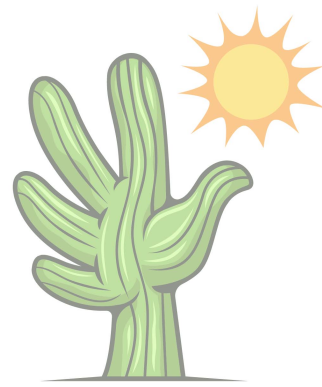
Other – similar – injections

- Certain companies make products similar to PRP – except that these cells do not come from your own body and are “off-the-shelf”
- These are taken from the umbilical cord after a healthy live birth in an American hospital.
  - o The cells are washed and sterilized, but retain their growth potential.
    - Theoretically possible to transmit disease with any allograft product.
    - There is no injury to the baby and there is no association with Planned Parenthood or any unethical entity.

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### Post-injection course

- The injection site may be sore. You may take Tylenol (but not NSAID like Motrin or Ibuprofen)
- You may begin to use the body part normally as soon as you feel up to it.
- Typically you will only need 1 injection – but sometimes you may be scheduled for a few injections over the course of a few months.

### Outcomes

- Outcomes vary based on the study and condition being treated.
- There is Prospective, Randomized, Controlled trials evaluating PRP for tennis elbow
  - o PRP was associated with improved pain control (72% and only 29% had continued pain)

### Complications

- Risk of bruising, passing out during injection, damage to neurovascular structures (including local sensory or motor nerves), infection, wound complications, inflammatory reaction, and continued pain (positive results are not guaranteed)

### Additional consideration

- For more information please see: <https://orthoinfo.aaos.org/en/treatment/platelet-rich-plasma-prp/>