

PRP THERAPY

WHAT IS PRP THERAPY?

PRP (Platelet Rich Plasma) is plasma with many more platelets than what is typically found in blood. The concentration of platelets — and, thereby, the concentration of growth factors — can be 5 to 10 times greater (or richer) than usual.

WHAT IS PLATELET RICH PLASMA THERAPY?

Platelet Rich Plasma (PRP) therapy is a safe, effective and all natural way to heal damaged joints and soft tissue in order to alleviate chronic pain. PRP consists of a small sample of your own blood, spun in a centrifuge to concentrate the platelets and then injected into the injured area.

PRP has been used for more than 20 years in numerous surgical fields to enhance bone grafting, accelerate wound healing and reduce the risk of infection after surgery. Medical research and intensive studies are leading the way to the tremendous benefits offered by PRP for joint pain, soft tissue injuries, low back disc degeneration, and arthritis, with the goal of enhancing the body's ability to naturally heal itself.

WHAT CONDITIONS ARE TREATED WITH PRP?

COMMON ORTHOPEDIC CONDITIONS TREATED WITH PRP INCLUDE CONDITIONS INVOLVING:

- Shoulder Disorders (Arthritis, Bursitis and Rotator Cuff Repairs)
- Low back pain
- Tendonitis such as Tennis Elbow
- Pelvic pain and instability
- Achilles tendon problems
- Back and neck injuries
- Heel spur syndrome
- Ankle sprains
- Osteoarthritis of the knee including anterior cruciate ligament (ACL) injuries
- Tendonitis
- Hip arthritis
- Ligament sprains

In addition to the Orthopedic conditions treated, there are many other ways to utilize PRP therapy. PRP can be used for Sexual Dysfunction, Hair Loss, and Facial Rejuvenation as well. PRP can be used as a natural alternative to Facial Fillers and can be combines with Microneedling for Facial Rejuvenation. At The Hormone Zone, we treat the Orthopedic conditions as well as the others in office.

AM I A CANDIDATE?

No matter your age, activity level or condition, no one should have to live with pain. At The Hormone Zone, we've used PRP to treat people in all phases of life, including:

- Youth / amateur / professional athletes
- "Weekend warriors" and other generally active people
- Workers injured on the job People of any age with chronic joint, tendon or ligament pain

WHAT CAN I EXPECT DURING MY OFFICE VISIT?

The PRP process involves the collection of a small sample of blood, either 30 or 60ml. This blood is then placed in a centrifuge to separate the platelets from other cells in the blood, such as red and white blood cells. The concentrated platelet rich plasma (PRP) can now be collected and is then injected into and around the point of injury, jump-starting and significantly strengthening the body's natural healing signal. Because your own blood is used, there is no risk of a transmissible infection and a very low risk of allergic reaction.

HOW LONG DOES IT TAKE?

An initial consult and exam is performed to ensure you are a candidate for PRP therapy. The procedure takes approximately one to two hours and is performed safely in our office without the risks of surgery, general anesthesia, or hospital stays. In fact, most people return to their jobs or usual activities right after the procedure. A post treatment sheet with activities you can and cannot do will be provided.

WHAT ARE THE EXPECTED RESULTS?

Because the goal of PRP therapy is to resolve pain through healing, it could prove to have lasting results. Initial improvement may be seen within a few days to weeks, gradually increasing as the healing progresses. Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI studies have shown definitive tissue repair after PRP therapy, confirming the benefits of this healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

IS THERE ANY PAIN?

Some patients report swelling and stiffness or mild to moderate discomfort lasting a few hours after the injection. This is a normal response and is a sign that the treatment is working. Over time, the affected

medication should be avoided for the first 72 hours, but Tylenol may be used for any discomfort. Additionally, homeopathic preparations such as Arnica may be used as well to decrease any discomfort or bruising that may occur.

HOW MANY TREATMENTS WILL I NEED?

Regenerative medicine is not a “quick fix” and is designed to promote long-term healing of the injured tissue. While most patients require only 1-3 injections, the regeneration of collagen takes 4-6 months and may require multiple injections. Pain and functional recovery will be assessed 3-4 weeks after the injection to determine further therapy needs. The total number of treatments you will need depends on your age, the area being treated and the amount of pain you were experiencing before starting therapy.

ARE ALL PRP TREATMENTS THE SAME FROM EVERY DOCTOR?

No, not all treatments from every doctor are the same. There are different techniques and different separating equipment used. To get the maximum benefit from treatment, the PRP must be properly handled and injected in a precise manner.

The kits used at The Hormone Zone are always brand new, sterile, and disposable. We only use top of the line kits and never use unapproved test tubes.

WILL MY INSURANCE COVER IT?

While PRP has helped thousands of patients over the years, it is still relatively new and as a result is not yet covered by many insurance plans. However, some parts of the treatment may be covered. Since the cost for and types of treatment required varies significantly from patient to patient, we will provide you with pricing info during your initial consultation, based on your specific needs and situation. We will also provide you with a superbill and all coding for you to submit the claim and try for reimbursement on your own. HSA cards and flex spending accounts can also be used to pay for the treatment. Payment

