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## **PRP Injections**

Platelet Rich Plasma Injections

### **What is a PRP Injection?**

An injection of your own blood with a higher concentration X4-6, times normal concentration of Platelets (cells in blood that are responsible for clotting)

These platelets have a high concentration of healing factors, such as platelet derived growth factor, insulin like growth factor that play an important role in formation of new healthy collagen and blood vessels

Collagen is important component of tendon and muscle and is the structure that is injured in muscle strain injuries and chronic tendon pathology

By increasing the concentration of platelets and thus healing factors we are promoting healing

This will lead to improvements in tendon structure, pain and function.

### **What is the procedure?**

Your clinician will do a diagnostic ultrasound scan to confirm location of region

Blood will be withdrawn from your arm and placed into a centrifuge for 15 minutes. This separates the platelets from the other components of blood.

Area of tendon or muscle will be cleaned with iodine and alcohol and appropriate draping will be applied, therefore procedure will be performed under sterile conditions.

Local anaesthetic may be used to the skin and outer covering of the tendon

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The PRP composite will then be injected into the tendon under **ultrasound guidance**.

You are expected to feel some pressure as this is injected into the tendon. You may have to be injected at multiple sites within the tendon depending on your pathology

Post Injection you are expected to lie for ten (10) minutes

You will then be allowed to weight bear and walk normally.

### **Post Injection Protocol**

#### First 48 hours

Allow full weight bearing

Allow short walks indoors

#### 48 hours to one week

Stretching exercises

Progression to normal walking

#### 2 weeks

Begin eccentric program

#### 4 weeks

Gradual return to sporting activities

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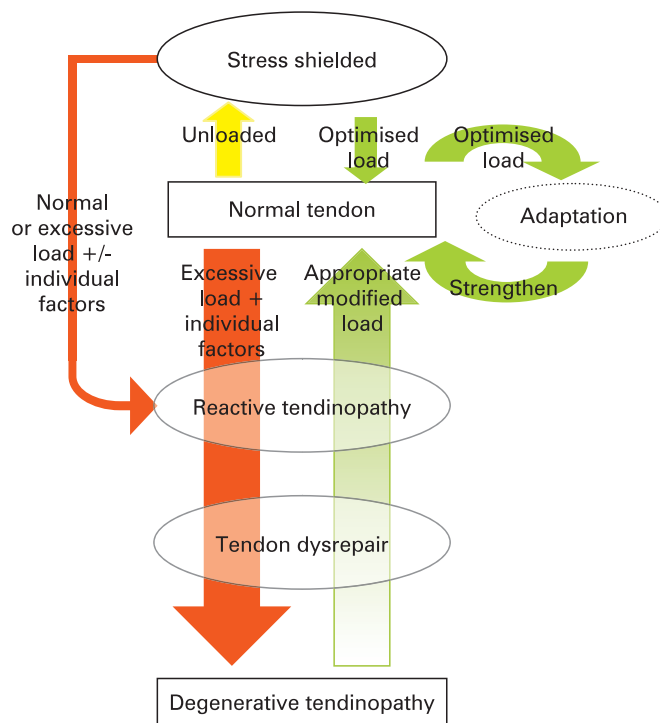
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## Benefits of procedure

Tendon pathology is generally a continuum of abnormal healing



Use of PRP is proposed to stimulate healing of collagen and shift the direction of change from an abnormal tendon i.e. reactive tendinopathy/ tendon disrepair/ degenerative tendinopathy towards normal tendon

This should lead to a reduction in pain and improvement in function

Because this is your own blood there is no risk of allergic reactions, or risk of infection associated with blood transfusion.

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## Risks of procedure

### Infection

Skin is penetrated by a foreign object (sterile needle) and thus there is always a potential for infection

Your clinician will make every effort to minimize this risk by strict adherence to an aseptic technique and effective skin preparation

### Bleeding

This is as a result of puncture of skin or inadvertent puncture of a blood vessel

Your clinician will minimize this by use of Ultrasound to guide injection into tendon

### Injury to Nerve

This is a potential complication resulting in some loss of touch sensation over the skin that the nerve supplies

### Rupture of tendon

Tendinopathic or diseased tendons have a higher than average risk of rupture. This risk increases in patients who have had a steroid injection into the tendon. PRP is NOT a steroid injection. However, there is a minimal increased risk of tendon rupture following PRP injection

### Pain post injection

This procedure can be painful post procedure as it is an attempt to recreate healing. Ice is suggested for 15 minutes to the site (ice in a plasti bag, wrapped in a towel)

Paracetamol (panadol) two tablets every 4-6 hours is also suggested