

INFORMATION LEAFLET - PLATELET RICH PLASMA (PRP) INJECTIONS

Introduction: An innovative treatment, for Musculoskeletal Pathologies, PRP uses your own blood for healing muscle, tendon and ligament injuries.

A common form of healing is scarring which affects function. Most of the current therapies do not change the intrinsically poor healing properties. Given this situation, biologically based strategies involving the stimulation of cell activities through the delivery of growth factors have attracted considerable interest.

Platelet Rich Plasma is derived by placing a small amount of your blood in a filtration system which separates red blood cells from platelets. The high concentration of platelets (containing a high level of growth factor) is then injected into the injured tissue which initiates the body's natural healing response.

All the injections provided at European Sports Care performed are under Ultrasound or image guided.

Usually 3 injections are needed depending on the severity of the injury and the chronicity of the symptoms.

MUSCULOSKELETAL & SPORTS MEDICINE

Platelet rich plasma injections (PRP injections) can be used in the treatment of many musculoskeletal injuries including that of tendons, muscles and joints. Typically 2 or more injections are required, separated by 1-4 weeks apart. This may vary depending on your injury.

Muscle and Tendon injuries can be treated with PRP

Muscles Injuries: •Hamstring •Calf tears •Quadriceps strain/tears.

Tendon Injuries: •Tennis elbow (common extensor tendinosis) •Golfer's elbow (medial epicondylitis) •Jumper's knee (patellar tendinosis) •Achilles tendinosis •Plantar fasciitis •Hamstring tendons •Adductor tendons •Gluteal tendons.

What other injuries can be treated with PRP? •Knee MCL tears •Knee osteoarthritis •Hip Osteoarthritis • Osteoarthritis of any joint •Acromioclavicular Injuries

Why treat with PRP?

PRP can potentially accelerate healing and reduce injury time.

PRP with its concentration of growth factors stimulates the healing process.

PRP focuses on restoring normal tissue composition while avoiding further degeneration.

Platelet Rich Plasma (PRP) Injections: The Procedure

Ultrasound Guided is used to image the site of injury .There is no exposure to ionising radiation. It is the same technology used in pregnancy imaging.

