

# Platelet-Rich Plasma (PRP) Injections

*PRP Injections might also be augmented with Trigger Point Injections (TPI) to help with functional improvement of surrounding muscles.*

## Useful Patient Information

It is helpful for the patients to provide radiology reports for any studies that have been performed (X-rays, MRI, CT, etc.), along with any notes regarding prior therapies or treatments (such as steroid injections, physical/occupational therapy, etc.).

## Precautions Prior to Treatment

1. Stop aspirin and blood-thinning supplements (fish oil, turmeric, ginger, etc.) **10 days prior to injections.**
  - If on prescription blood thinners (coumadin, warfarin, Plavix, etc.), patients should consult with their prescribing physicians as to the safety and timing of stopping these medications prior to injections.

## Possible Indications for Treatment

- Tendon injury / tendinitis (shoulder rotator cuff, tennis/golfer's elbow, Achilles tendon injury, etc.)
- Ligament injury (medial & lateral collateral ligaments of knee, ankle, etc.)
- Joint pathology (meniscal injury of knee, degenerative disease/arthritis of knee, shoulder, wrist, etc.)
- Fascial pathology (plantar fasciitis, IT band injury, etc.)
- Muscle/Cartilage injury
- NOT indicated for spine/vertebral/nerve issues

## Post Treatment

- No smoking, caffeine, or alcohol for 3 days
- No strenuous exercise for 3 days (light exercise ok)
- May experience bruising or tenderness.

**Keep a positive attitude! Plan for success and keep your spirits high!**  
**Stress can impede the healing process, so keep that smile going 😊**