

# PLATELET RICH PLASMA THERAPY

## FREQUENTLY ASKED QUESTIONS

### WHAT IS PRP THERAPY?

PRP is platelet rich plasma; it is derived from your own blood. Your blood contains red blood cells, white blood cells, plasma, and platelets. Platelets are best known for helping your blood clot. However, platelets also contain growth factors, which when injected into ligaments or tendons can aid in the healing of injuries. The blood plasma contains the platelets and it is this material that is processed in our lab and spun down to extract the platelets. PRP Therapy is the use of these platelets through injection into injured sites to help promote healing.

### WHAT CONDITIONS CAN BE TREATED WITH PRP?

PRP therapy is used to enhance and accelerate soft tissue healing. About 98% of the indications for treatment include injuries to the tendons or ligaments. It can be injected both in a clinic setting and in an operative setting as an adjunct to surgery, as a way to promote quicker healing. PRP can be injected into the spine or any joint such as the knee, hip, elbow, shoulder, wrist, fingers or thumb, ankles and toes. Some of the common conditions that benefit from PRP therapy include:

- Tennis Elbow
- Hip Bursitis
- Achilles Tendon Injuries
- Meniscus Injuries
- Lumbar Disc Pain
- Plantar Fasciitis

### HOW MUCH DOES IT COST?

Some insurance providers currently cover the cost of PRP therapy. For others this will be a self-pay procedure. At Panorama we offer the treatment at the best possible value to our patients with very competitive pricing:

Single Site Treatment	\$850
Multiple Site Treatment	\$850 for the initial site and \$700 for each additional site
Repeat PRP Therapy Treatment	\$700 per site
PRP Following Stem Cell Therapy	\$700 per site

### HOW IS PRP PROCESSED?

Panorama has it's own FDA approved laboratory in Golden that is used for processing PRP and Stem Cells. We utilize the newest technologies that were developed by Greyledge Technologies in Vail, Colorado. Panorama offers patients customized therapy, as each preparation is analyzed for platelets, red blood cells and white blood cells (among 27 other parameters), and then reviewed by your physician prior to treatment. This knowledge permits us to make adjustments based on our collective experience. No other system or technology gives us this kind of capability to personalize your treatment.

#### WHAT CAN I EXPECT WITH PRP THERAPY?

The procedure itself takes about an hour in the clinic. The doctor begins by drawing some of the patient's blood—the amount will depend on the treatment site. Next, the blood will be processed, in our lab, to separate the platelet rich plasma. This takes about 15-20 minutes. After we have prepared the PRP, the doctor will use an ultrasound machine to aid in injecting the platelets back into your body at the site of the injury.

#### IS IT PAINFUL, IS IT SAFE?

PRP therapy is no more painful than a blood draw or injection. The procedure is incredibly safe since PRP is made up from material from your own body and administered by a doctor in a sterile environment.

#### HOW LONG DOES IT TAKE FOR PRP THERAPY TO WORK?

You may not feel an immediate difference after treatment because with PRP therapy the healing may continuously increase for up to a year.

#### HOW LONG DOES PRP THERAPY LAST?

PRP therapy is designed to heal rather than cover symptoms, therefore unless re-injury occurs, the effects of the PRP therapy may last a lifetime.

#### WHAT IS THE DIFFERENCE BETWEEN PRP THERAPY AND STEM CELLS?

PRP and stem cells can be used separately or in conjunction with one another. PRP, as we've learned is platelet rich plasma, which is derived from the blood and spun into its separate components to create a liquid that is rich in platelets, which contain growth factors. Stem cells are derived from bone marrow and they are a group of cells, which have not been designated as a specific type of cell yet. The idea behind stem cells is that an undesignated cell can be placed in a void where an injury has occurred and turn into a cell of the specific location of the injury to help promote healing.

#### HOW CAN I GET MORE INFORMATION ABOUT PRP?

Dr. Michael Horner and Dr. Karen Knight are pain management specialists within our Regenerative Medicine team. Both the PRP Therapy and Stem Cell Therapy programs operate under their direction. If you have questions or are interested in learning more about PRP Therapy, please make an appointment with a member of our Regenerative Medicine team. Please call 303-233-1223 for an appointment.