Endeavor Health

PRP Patient Guide

What is Platelet Rich Plasma (PRP)?

Platelet-rich plasma (PRP) is a treatment that uses your body's own blood to help promote healing. Blood is made up of a liquid portion called **plasma** and solid components including **red blood cells, white blood cells, and platelets**. Platelets are best known for helping blood clot, but they also contain hundreds of natural proteins called **growth factors**. These growth factors play an important role in tissue repair and healing.

PRP is plasma that contains a **much higher concentration of platelets than normal blood**. In most preparations, platelet levels are **5 to 10 times higher than baseline**, resulting in a much richer supply of growth factors delivered directly to the injured area.

How is PRP prepared?

A small amount of your blood is drawn, similar to a routine lab test. The blood is placed into a specialized machine and spun at high speed (a process called **centrifugation**). This separates the platelets from other blood components and concentrates them. The platelet-rich plasma is then injected into the injured area.

How Does PRP Work?

While researchers are still studying the exact mechanisms, clinical studies show that PRP delivers a concentrated dose of growth factors to injured tissue. These growth factors may: stimulate tissue repair, support collagen production, improve blood flow to injured areas and enhance the body's natural healing response. After a PRP injection, it is common for pain or soreness to temporarily increase. This is expected and reflects the **inflammatory healing response** triggered by the treatment. Improvement often occurs gradually over several months rather than immediately.

Important Notes:

This injection is a self-pay procedure of $885.00, and is not covered by insurance.

Drink plenty of fluids at least two days prior to procedure, and plan for at least two hours in office during the procedure. You will be permitted to drive unless otherwise discussed.

Medications:

Avoid ALL NSAIDs (such as ibuprofen, Motrin, Advil, Aleve, naproxen, diclofenac) for 5-7 days prior to procedure, and 8 weeks following procedure. These medications can interfere with the healing response activated by the PRP injection.

Why Rest Matters:

Early overloading or doing too much too soon can reduce the healing effects of PRP. Studies show that high strain or high-torque activity early on can decrease platelet growth factor release and slow tissue healing.

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Activity Progression Timeline

Important First Steps (First 48 Hours)

- Rest the treated area — this helps the healing process begin.
- Mild soreness, warmth, or swelling is expected.
- Light daily activities are okay (walking around the house, light tasks).
- Avoid heavy activity, lifting, repetitive strain, or impact movements.

Days 0–2

- Rest and protect the area.
- Light household tasks only.
- No intense exercise or lifting.

Days 3–7 – *BEGIN PHYSICAL THERAPY*

- Gentle movement and light use are okay.
- Avoid stretching into pain.
- No strengthening or repetitive high-load activity.

Week 2–3

- Start light strengthening such as gentle isometrics or easy controlled exercises.
- Continue low-stress daily activities.
- Avoid jumping, running, heavy lifting, or anything that causes sharp pain.

Week 4–6

- Progress strengthening exercises.
- Begin sport-specific or job-specific activities gradually.
- High-torque and weightbearing loading should begin NO earlier than week 4.

When to Contact Your Provider

- Severe swelling or redness.
- Increasing pain that lasts more than 48 hours.
- Fever or feeling unwell.

Key Reminders

- Rest for the first 48 hours.
- No NSAIDs for 8 weeks.
- Light use after Day 7.
- Strengthening starts Week 2–3.
- Higher-load and sport-specific activity begins Week 4–6.