Platelet Rich Plasma (PRP) is a solution made from your own blood that contains a concentrated amount of your platelets. Platelets are tiny blood cells that help your body form clots to stop us from bleeding and they contain more than 1,500 proteins that contribute to our bodies healing. These platelets and increased levels of growth factors are created from a small amount of your own blood and have the potential to improve signaling and recruitment of other cells. It is this highly concentrated portion of the blood that is often referred to as platelet-rich plasma (PRP).

**BENEFITS OF PRP**

Parts of your body can have a hard time healing. For example, ligaments and tendons (which connect bones and muscles) don’t get much blood from the body. Sprains and strains of these tissues typically heal slowly. PRP injection therapy uses your own blood to speed up the healing in these areas and may reduce pain in your muscles, ligament, tendons, or bones. It has also been shown to help decrease inflammation, and can slow down degeneration in certain common conditions such as arthritis.

**CREATING THE MIX**

The PRP process begins with a small amount of your blood collected by your health care provider. It is spun around in a centrifuge. This process separates the blood into platelets, plasma, red blood cells, and white blood cells. The platelets are then concentrated and mixed with some of your plasma. This mixture is called "platelet rich plasma." The entire production process is usually done in less than 30 minutes. The doctor injects this individualized PRP mixture into the desired location for your treatment.
BEFORE & AFTER
Before the injection you should drink plenty of fluids the day before and the day of the injection. After the PRP injection, you will go home the same day. Your immune system (the system that keeps your body healthy) generally reacts quickly. White blood cells called "macrophages" help prepare the site for healing. Then, your stem cells and other cells begin to multiply. Over time, they can repair the injured tissues.

POSSIBLE ASSOCIATED RISKS
PRP therapy uses your body’s own natural properties to treat your injury. As such, side effects from utilizing platelet treatments are very uncommon and the risks associated with it are minimal: There may be discomfort at the injection site, but the incidence of other problems - infection, tissue damage, nerve injuries - appears to be no different from that associated with cortisone injections.

IS PRP RIGHT FOR ME?
Keep in mind that everyone has a different experience with this type of treatment. If you are taking anti-inflammatory medications or blood thinners, your physician may temporarily discontinue the use of these until your treatment has taken place.

COMMON PLATELET RICH PLASMA TREATMENT AREAS

**SHOULDER**
- Rotator Cuff Tendonitis & Partial Tears
- Anterior & Posterior band of IGHL
- ACJ, SCJ and C-C Ligament
- SLAP Lesion

**WRIST & HAND**
- Ligament Sprains
- Triangular Fibrocartilage Complex

**ELBOW**
- Lateral Epicondylitis
- Medial Epicondylitis

**BACK & HIP**
- Facet Joint Arthritis
- Sacroiliac Joint Pain
- Hip Girdle Muscle Pain
- Hamstring Tendonitis

**KNEE**
- Patellar Tendonitis
- Meniscus
- Ligament (ACL, LCL, MCL, PCL)
- Cartilage Defects
- Osteoarthritis

**FOOT & ANKLE**
- Plantar Fasciitis
- Achilles Tendons
- Ankle Sprains

Learn more at resurgens.com/PRP