PRP treatments are an innovative approach to regenerative medicine—a branch of medicine concerned with the development of methods to regrow, restore, or replace damaged and diseased cells or tissues.

PRP treatments have been touted by experts as an excellent solution for pain and other discomforts associated with a wide variety of musculoskeletal problems, such as those that affect the knee. The approach has been found to be particularly effective in the treatment of knee joint injuries and degenerative joint disease (osteoarthritis), reducing the need for surgery in the future.

Here are 10 facts about PRP treatments that are definitely worth knowing, especially if you’ve been contemplating getting them for your knee condition. Let’s explore these facts:

1.) **PRP TREATMENTS ARE DERIVED FROM YOUR OWN BLOOD.**

PRP treatments involve drawing a small amount of your own blood (similar to a lab test sample), then processing it using a centrifuge to separate the platelet-rich plasma from the other components. It then gets injected into and around the site of injury or damage.
2.) PRP TREATMENTS ARE A MINIMALLY INVASIVE PROCEDURE.

PRP treatments are a quick in-office procedure, often performed in less than an hour. Since PRP therapy only involves the use of injections, incisions and stitches are therefore not required.

3.) PRP TREATMENTS ARE MUCH SAFER AND MORE EFFECTIVE THAN CORTISONE SHOTS.

PRP therapy is also more effective and doesn’t wear off as quickly compared to cortisone shots. Results of different studies indicate PRP to be more effective than cortisone injections for the treatment of knee arthritis.

4.) PRP TREATMENTS ARE A LOW-RISK PROCEDURE.

PRP treatments are a safe and well-tolerated procedure. Because it is made up of the patients own blood, there is no risk of developing infections and other complications. As with any type of procedure, there are risks involved, but these are very rare with PRP treatments.

5.) PRP TREATMENTS HAVE LONGER-LASTING BENEFITS COMPARED TO HYALURONIC ACID AND CORTISONE INJECTIONS.

PRP treatments have shown to have longer-term results and less reinjection and/or surgery rate, making them a more attractive option compared to hyaluronic acid and cortisone shots.
6.) PRP TREATMENT INVOLVES LESS PAIN AND REQUIRES NO DOWNTIME.

In a majority of cases, PRP injections are not considered painful. Some patients may experience some minor discomfort, such as soreness and aching at the injection site, but these are usually only temporary. A local anesthetic may be recommended for certain types of PRP treatments.

Most patients are able to return to their jobs or usual activities right after the procedure.

7.) PRP TREATMENT HAS A FAIRLY HIGH SUCCESS RATE.

Based on the results of a study that evaluated the effects of platelet-rich plasma injections on 100 people who had degenerative cartilage lesions in their knees, majority of the participants saw significant improvements in their pain six months after their treatment.

Results of another study, which was conducted on 120 patients with knee osteoarthritis who had PRP injections, indicated that majority of the participants experienced greater improvements in pain and mobility.

8.) PRP TREATMENT CAN ELIMINATE THE NEED FOR SURGERY.

PRP therapy can help prevent inflammatory responses in knee injuries and slow the progression of cartilage and joint deterioration in osteoarthritis, thereby delaying—and even preventing—the need for joint replacement surgery in the future.
9.) PRP TREATMENT SPEEDS UP RECOVERY.

The extracted growth factors and proteins in the plasma interact with local cells, triggering them to divide and migrate, consequently reversing tissue damage, promoting healing, and speeding up recovery.

10.) PRP TREATMENT IS POPULAR AMONG ELITE ATHLETES.

There have been several reports about professional athletes having experienced amazing results with PRP Therapy. Pro football players Hines Ward and Troy Polamalu of the Pittsburgh Steelers reported receiving PRP therapy after injuries that should have sidelined them for months. After receiving PRP therapy, they returned to play in a matter of weeks, winning the Super Bowl.

Extraordinary results and much quicker recoveries from injuries have also been reported by other professional soccer, baseball, and football players.

PRP TREATMENT IN BROWARD COUNTY, FLORIDA

If you have a knee problem and want to learn more about how platelet-rich plasma (PRP) treatments can benefit you, contact us at Dr. Paul Meli for a consultation. We offer a variety of cutting-edge nonsurgical and surgical treatment options—apart from PRP treatments—for the full range of musculoskeletal conditions and injuries.

Call us today at (954) 324-7711