



PRP Joint and Tendon Injections at SFICC

Aches and pains got you down? Tennis elbow? Arthritic knee? A PRP joint or tendon injection may be an appropriate treatment for you. Rather than relying only on oral medications, injected medications or even surgery, why not give your body a chance to use its own healing power to regenerate damaged tissues from prior injuries or overuse?

What is it?

Platelets, which are the main component of PRP, are rich in growth factors and proteins that are instrumental in accelerating our body's own healing process. They work to repair and regenerate damaged tissue. Your own PRP, after being injected into joints, tendons and even muscles that have been negatively affected by prior injury or overuse, encourages the growth of new, healthy cells to augment the healing process. In some cases, utilizing PRP can help to avoid the use of pain and anti-inflammatory medications and even surgery in the future.

Is it painful?

You should expect minimal to no pain associated with the blood draw done first to obtain a blood sample that will be spun down to reveal your PRP. A topical anesthetic will be applied to the injection site to minimize pain associated with the needle insertion. You may experience a slight burning as the PRP is injected that quickly resolves. In the days after your injection, you may have some mild discomfort at the injection site as your body undergoes the healing process.

What are the side effects?

The risks of adverse bleeding events, infection and allergic reaction are extremely rare, especially because the procedure involves injecting your own

body back into you. Other than slight discomfort in the days following your procedure, there are no anticipated side effects.

What if I have had a steroid injection into the area being treated?

It is recommended that you wait at least one month from the time of your steroid injection before scheduling your PRP treatment.

How do I know if I am a candidate?

You can call to schedule a consultation with one of our clinicians and be sure to read the contraindications, pre- and post-procedure instructions before planning on scheduling your PRP joint and/or tendon injection.