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FOI FLORIDA ORTHOPAEDIC INSTITUTE®

Frequently Asked Questions

Understanding Platelet-Rich Plasma (PRP)

Medical Reviewers

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What is PRP therapy?

Platelet-Rich Plasma (PRP) therapy is a biologic treatment that uses a concentrated portion of your own blood, rich in platelets and growth factors, to support your body's natural healing response. PRP is commonly used to help manage certain tendon, ligament, muscle, and joint conditions. PRP may help reduce pain and improve function for certain orthopaedic conditions when recommended by your physician.

How does PRP work?

After a small sample of your blood is drawn, it is processed to concentrate the platelets. The PRP is then injected into the injured or painful area using precise techniques, often with ultrasound guidance, when appropriate. The goal is to support your body's natural repair processes.

Does a PRP injection hurt?

Most patients tolerate the procedure well. You may feel brief discomfort during the injection, similar to other joint or tendon injections. Some soreness for a few days afterward is common and is generally considered part of the body's natural healing response.

How many PRP injections will I need?

Treatment plans are individualized based on your condition, symptoms, activity level, and treatment goals. Some patients benefit from a single injection, while others may achieve better results with a series of treatments. Your physician will recommend the approach that's right for you.

When will I start feeling better?

Because PRP works by supporting your body's natural healing process, improvement is typically gradual rather than immediate. Some patients notice improvement within several weeks, while others continue to improve over the course of several months. Results vary depending on the condition being treated and individual factors.

What conditions can PRP help treat?

Depending on your diagnosis, PRP may be considered for:

- Mild-to-moderate osteoarthritis.
- Tendon injuries such as tennis elbow and golfer's elbow.
- Rotator cuff tendinopathy.
- Achilles tendinopathy.
- Plantar fasciitis.
- Patellar tendon injuries.
- Certain ligament injuries.

Your physician will determine whether PRP is appropriate for your specific diagnosis.

Am I a good candidate for PRP?

You may be a candidate if you:

- Have persistent joint or tendon pain.
- Have not improved with physical therapy or other conservative treatments.
- Want to remain active.
- Hope to delay surgery, when appropriate.
- Are looking for a treatment that uses your body's own healing mechanisms.

An evaluation by one of our orthopaedic specialists is the best way to determine whether PRP, or another treatment plan, is right for you.

Who may not be a good candidate?

PRP may be less effective for patients with:

- Advanced bone-on-bone arthritis.
- Complete tendon ruptures requiring surgery.
- Active infections.
- Certain blood or clotting disorders.
- Some inflammatory conditions.

Your physician will recommend the treatment option most appropriate for your condition.

Is PRP covered by insurance?

Coverage varies by insurance plan and medical condition. Because PRP is considered investigational for some conditions, many insurance plans do not currently cover the procedure. Our team will discuss expected costs and available payment options before treatment.

Is PRP safe?

Because PRP is created from your own blood, the risk of allergic reaction is very low. As with any injection, there are potential risks, including temporary soreness, swelling, bleeding, infection, or discomfort at the injection site. Your physician will review these risks before treatment.

Does PRP regenerate cartilage or cure arthritis?

No.

Current research does **not** show that PRP regenerates cartilage or cures arthritis. Instead, evidence suggests that PRP **may help reduce pain and improve function** for certain patients with mild-to-moderate osteoarthritis and select tendon conditions.

Is PRP FDA-approved?

No. PRP preparation devices are **FDA-cleared**, but PRP itself is not FDA-approved for any particular indication and has not been evaluated by the FDA for safety and efficacy. Orthopaedic use of PRP is considered off-label. Individual results vary and are not guaranteed.

Can PRP help me avoid surgery?

For some patients, PRP may help improve pain and function as part of a comprehensive treatment plan. However, results vary, and PRP is not a replacement for surgery when surgery is medically indicated. Your physician will discuss all appropriate treatment options based on your diagnosis.

Can PRP be combined with physical therapy?

Yes.

PRP is often part of a comprehensive orthopaedic treatment plan that may also include:

- Physical therapy.
- Activity modification.
- Exercise.
- Weight management.
- Other nonsurgical treatments.

Rehabilitation is frequently an important part of achieving the best possible outcome.

What happens during my first visit?

Your appointment includes a comprehensive evaluation by an orthopaedic specialist. If PRP is an appropriate option, your physician will explain the procedure, expected recovery, potential benefits, and answer any questions before developing a personalized treatment plan.

What makes Florida Orthopaedic Institute's PRP program different?

At Florida Orthopaedic Institute, PRP is delivered as part of a comprehensive orthopaedic care program, not as a stand-alone injection.

Patients benefit from:

- Board-certified orthopaedic specialists.
- Personalized treatment recommendations.
- Ultrasound-guided precision, when clinically appropriate.
- Standardized PRP preparation protocols.
- Access to advanced imaging, rehabilitation, sports medicine, and surgical expertise, if additional care becomes necessary.

Our goal is to help every patient receive the right treatment at the right time, whether that's PRP, physical therapy, surgery, or another evidence-based option.

Ready to learn more?

If joint pain or tendon injuries are limiting your daily activities, schedule an evaluation with one of our board-certified orthopaedic specialists.

Together, we'll determine whether PRP, or another evidence-based treatment plan, is the right approach for your condition.

Still Have Questions?

Schedule a consultation with one of our orthopaedic specialists to learn whether PRP may be right for you and receive a personalized treatment plan.

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