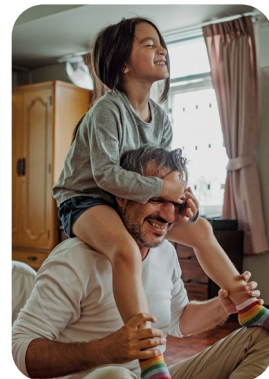


Built FOR Better



PRP Therapy

Discover Your Body's Natural Healing Potential With PRP

Medical Reviewers

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Built FOR Better

Helping You Move Better. Recover Smarter. Live Fully.

Joint pain changes more than how you move.

It changes how you exercise, work, sleep, travel, play with your children or grandchildren, and enjoy everyday life.

For many people, even simple activities, such as walking the dog, climbing stairs, golfing, gardening, or getting out of a chair, become painful reminders that something isn't right.

While surgery is sometimes the best treatment, it isn't always the first step.

Today's orthopaedic specialists have more nonsurgical treatment options than ever before, allowing many patients to reduce pain, restore function, and remain active before considering surgery.

One of the most promising biologic treatments available today is the widely studied Platelet-Rich Plasma (PRP) therapy, which uses the concentrated healing components from your own blood to support your body's natural repair processes.

Research suggests that carefully selected patients with certain joint and tendon conditions may experience meaningful improvements in function and reduction in pain, while delaying, or sometimes avoiding, more invasive procedures.

PRP is not a miracle cure. It is not appropriate for every patient.

But when combined with an accurate diagnosis, physician expertise, evidence-based treatment planning, rehabilitation, and lifestyle modifications, PRP may become an important part of helping patients get back to doing what they love.

This guide summarizes the latest medical evidence, explains how PRP works, identifies who may benefit, and answers the questions patients ask most often.

Our goal is simple: **Help you make an informed decision about your orthopaedic care.**

PRP Patient Guide

Table of Contents

Chapter 1: Why Joint Pain Happens	4
Chapter 2: What is Platelet-Rich Plasma (PRP)?	5
Chapter 3: How PRP Works	7
Chapter 4: Why PRP is Different	11
Chapter 5: Conditions Commonly Treated With PRP	15
Chapter 6: Who Is an Ideal Candidate for PRP?	18
Chapter 7: What Does the Latest Research Show?	20
Chapter 8: PRP Compared With Other Treatment Options	23
Chapter 9: Your PRP Treatment Journey	25
Chapter 10: Recovery & Returning to an Active Lifestyle	27
Chapter 11: Why Choose Florida Orthopaedic Institute?	30
References.....	33

Chapter 1

Why Joint Pain Happens

Pain is your body's way of telling you that something needs attention. Sometimes, the cause is obvious: a sports injury, a fall, or an accident.

More often, pain develops gradually over months or years as joints, tendons, ligaments, and cartilage experience normal wear and tear.

Common causes include:

Osteoarthritis

Tendon Degeneration (Tendinopathy)

Tennis Elbow

Golfer's Elbow

Rotator Cuff Tendinopathy

Achilles Tendinopathy

Patellar Tendon Injuries

Mild Ligament Injuries

Chronic Overuse Injuries

Meniscal Degeneration

When these tissues become damaged, inflammation develops.

While inflammation is a natural part of healing, persistent inflammation may contribute to ongoing pain, stiffness, swelling, and loss of function.

Traditional nonsurgical treatments, including physical therapy, anti-inflammatory medications, corticosteroid injections, activity modification, and weight management, continue to play an important role.

Medications and steroid injections primarily manage symptoms. PRP represents a different approach.

Key Takeaway

PRP is designed to support your body's natural healing response rather than simply masking pain.

Chapter 2

What Is Platelet-Rich Plasma (PRP)?

Platelet-Rich Plasma (PRP) is created from a small sample of your own blood.

Although platelets are best known for helping blood clot after an injury, they also contain hundreds of biologically active proteins known as growth factors and signaling molecules.

These molecules play an important role in:

Tissue Repair

Cell Communication

Blood Vessel Formation

Collagen Production

Regulation of Inflammation

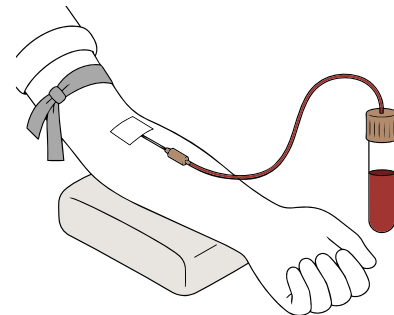
During a PRP procedure, your blood is processed using a specialized centrifuge that separates and concentrates the platelet-rich portion.

This concentrated plasma is then injected into the injured tissue using precise ultrasound image guidance, when appropriate. Because PRP comes from your own blood, the risk of allergic reaction is extremely low. Unlike corticosteroid injections, PRP contains no synthetic medication.

How PRP is Prepared

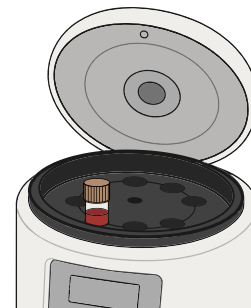
Step 1 – Blood Draw

A small amount of blood is collected from your arm, like routine laboratory testing.



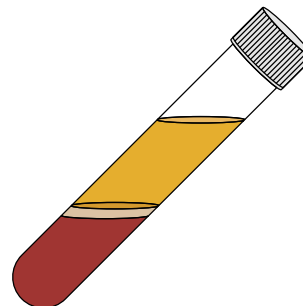
Step 2 – Centrifugation

The blood is placed in a centrifuge, where it spins at high speed to separate red blood cells, plasma, and platelets.



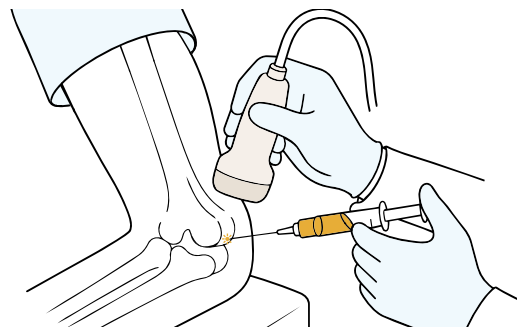
Step 3 – Platelet Concentration

The platelet-rich plasma is carefully collected. This concentrated portion contains significantly more platelets than normal circulating blood.



Step 4 – Precision Injection

Using ultrasound guidance, when appropriate, your orthopaedic physician injects the PRP directly into the injured tissue. Accurate placement is essential because successful treatment depends not only on the PRP itself but also on delivering it precisely where healing is needed.



Research at a Glance

Clinical studies suggest PRP may:

- ✓ Reduce pain in select patients.
- ✓ Improve joint function.
- ✓ Improve function and reduce pain in select tendon conditions.
- ✓ Reduce reliance on repeated corticosteroid injections.
- ✓ Help patients remain active longer.

Individual results vary depending on diagnosis, severity of disease, overall health, and adherence to rehabilitation recommendations.

Source(s): Ref 1, 4



Chapter 3

How PRP Works

Supporting Your Body's Natural Healing Response

When an injury occurs, your body immediately begins a complex healing process. Within minutes, platelets travel to the injured area and release hundreds of biologically active proteins called growth factors and cytokines. These signaling molecules help coordinate the repair process by communicating with surrounding cells and initiating tissue healing.

PRP therapy is designed to enhance this natural response by delivering a concentrated dose of your own platelets directly to the area being treated. Rather than introducing medication into the body, PRP amplifies the healing mechanisms your body already uses.

The Science Behind PRP

Platelets are tiny blood cells best known for helping stop bleeding after an injury. However, researchers now recognize that platelets play a much larger role in tissue repair.

Once activated, platelets release growth factors that help:

- Recruit healing cells to the injured tissue.
- Support collagen production.
- Promote the formation of healthy blood vessels.
- Regulate inflammation.
- Encourage tissue remodeling.
- Support the repair of tendons, ligaments, and muscles.

These biological signals work together to create an environment that may support healing and improve function over time. PRP does not regenerate cartilage or cure arthritis. Instead, it may help reduce pain, improve mobility, and support healthier tissue function in carefully selected patients.

Clinical Insight

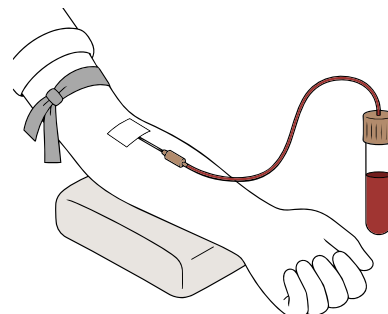
PRP works by supporting the body's healing response, not by replacing damaged tissue or reversing arthritis. Setting realistic expectations is an important part of successful treatment.

From Blood Sample to Targeted Treatment

The PRP procedure is typically completed during a single office visit and usually takes **45 to 90 minutes**.

Step 1: Blood Collection

A small amount of blood is drawn from a vein in your arm, much like a routine laboratory blood test. (The volume needed depends on the preparation system.)



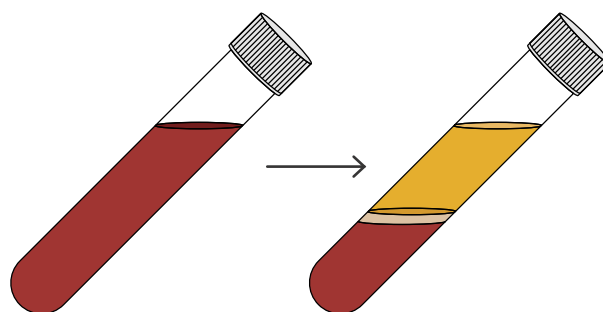
Step 2: Platelet Concentration

The blood sample is placed into a specialized centrifuge.

The centrifuge spins at high speed, separating the blood into its different components:

- Red blood cells
- White blood cells
- Platelet-rich plasma
- Platelet-poor plasma

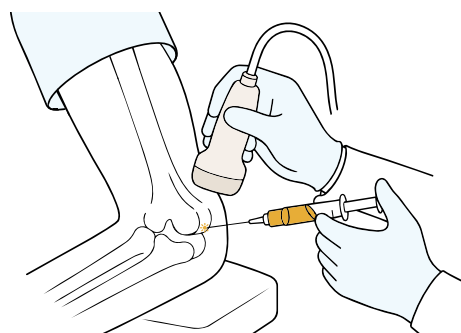
Your physician prepares the platelet-rich portion according to standardized protocols designed to optimize treatment quality.



Step 3: Precision Injection

The concentrated PRP is injected into the injured tissue.

Depending on the condition being treated, your orthopaedic specialist may use **ultrasound guidance** to accurately place the PRP within the affected tendon, ligament, muscle, or joint. Image guidance helps improve precision, particularly for smaller structures where accurate placement is important.



Why Ultrasound Matters

Ultrasound allows physicians to visualize the injured tissue in real time, helping guide accurate placement of the PRP. This level of precision may improve treatment accuracy and support high-quality orthopaedic care.

Step 4: The Healing Response Begins

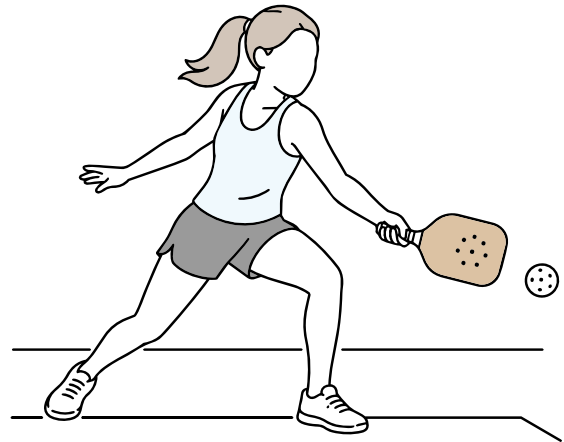
Once injected, platelets become activated and release growth factors over the following hours and days.

This begins a gradual biological response that may:

- Reduce inflammation.
- Support tissue repair.
- Encourage collagen production.
- Improve tissue quality.
- Reduce pain.
- Improve mobility and function.

Unlike corticosteroid injections, which often provide rapid symptom relief by suppressing inflammation, PRP works more gradually.

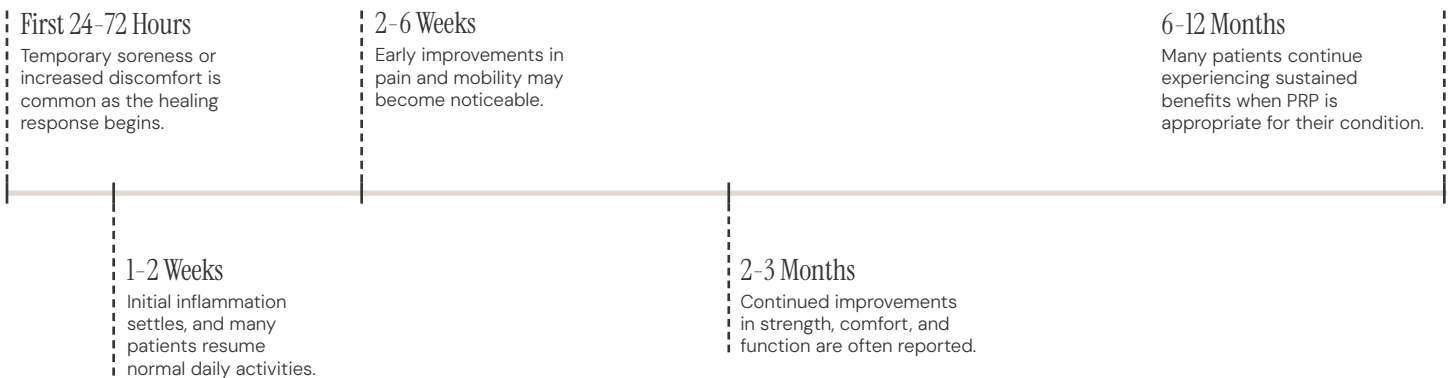
Many patients begin noticing improvement within **2 to 6 weeks**, with continued progress over the next **2 to 6 months** as healing continues.



Why Improvement Takes Time

Healing is a biological process, not an immediate event. Because PRP works by supporting your body's natural repair mechanisms, improvement usually develops gradually.

Although every patient is different, many people experience a progression similar to this:



Individual recovery timelines vary depending on the diagnosis, severity of the condition, overall health, activity level, and participation in rehabilitation.

PRP Works Best as Part of a Comprehensive Treatment Plan

PRP is not intended to replace every other treatment.

Instead, it is often most effective when integrated into a personalized care plan that may include:

Physical Therapy

Strength & Mobility Exercises

Activity Modification

Weight Management (When Appropriate)

Pain Management Guidance

Nutritional Guidance

Other Nonsurgical Treatments

Surgery (When Clinically Indicated)

At Florida Orthopaedic Institute, treatment decisions are based on a comprehensive evaluation rather than a one-size-fits-all approach. Your physician will recommend the treatment, or combination of treatments, that best aligns with your diagnosis, lifestyle, and recovery goals.

Research at a Glance

Recent systematic reviews and randomized controlled trials suggest that, for appropriately selected patients, PRP may:

- Improve pain and physical function in mild-to-moderate knee osteoarthritis.
- Provide longer-lasting symptom relief than corticosteroid injections in some patients.
- Improve outcomes in selected chronic tendon disorders, including lateral epicondylitis (tennis elbow) and patellar tendinopathy.
- Offer the greatest benefit when combined with appropriate rehabilitation and careful patient selection.

Researchers continue to study the optimal preparation methods, platelet concentrations, and treatment protocols. While evidence continues to evolve, PRP has become an important evidence-informed option within modern orthopaedic care.

Source(s): Ref 1, 2, 4

Key Takeaways

- ✓ PRP uses your body's own platelets and growth factors to support healing.
- ✓ Treatment works by enhancing the body's natural repair processes, not by masking pain.
- ✓ Results typically develop gradually over weeks to months.
- ✓ Careful patient selection and precise injection technique are critical to achieving the best possible outcomes.
- ✓ PRP is one component of a comprehensive, individualized orthopaedic treatment plan.

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Chapter 4

Why PRP Is Different

A Different Approach to Orthopaedic Care

For decades, the primary goal of many nonsurgical treatments has been to reduce pain and inflammation. While these treatments remain valuable and are often an important part of orthopaedic care, many patients are looking for options that support their body's natural healing processes rather than simply providing temporary symptom relief.

Platelet-Rich Plasma (PRP) offers a different approach.

Instead of introducing medication into the body, PRP uses a concentrated sample of your own blood to deliver platelets and naturally occurring growth factors directly to the injured area. These biologically active proteins help coordinate the body's normal healing response and may improve tissue health over time.

PRP is considered a **biologic therapy**, meaning it uses naturally occurring substances from your own body rather than synthetic drugs or implanted materials.

Although PRP is not appropriate for every patient or every diagnosis, it has become an increasingly important treatment option for certain musculoskeletal conditions.



PRP Compared With Other Nonsurgical Treatments

Every treatment has advantages and limitations. Your orthopaedic specialist will recommend the option, or combination of options, that best fits your diagnosis, symptoms, lifestyle, and goals.

Treatment	Primary Goal	Typical Duration of Benefit*	Advantages	Limitations
Platelet-Rich Plasma (PRP)	Support the body's natural healing response	Often 6–12 months or longer in appropriate patients	Uses your own blood; may improve function and reduce pain; for certain conditions: may improve strength and support recovery.	Results develop gradually; not appropriate for every diagnosis; insurance coverage varies
Physical Therapy	Improve movement, strength, and function	Long-term with continued participation	Addresses underlying movement patterns, improve strength, supports recovery	Requires commitment and time
NSAIDs	Reduce pain and inflammation	Hours to days	Easily accessible, effective for short-term symptom relief	Does not address underlying tissue healing; long-term use may not be appropriate for everyone
Corticosteroid Injection	Reduce inflammation	Varies	Rapid symptom relief	Benefits are often temporary; repeated injections may not be appropriate for all patients
Hyaluronic Acid Injection	Improve joint lubrication	Varies	May reduce symptoms in select patients	Response varies; not effective for everyone
Surgery	Repair or replace damaged structures	Long-term, when indicated.	Can provide substantial improvement for advanced conditions	Recovery time, rehabilitation, and surgical risks

*Individual outcomes vary.
Source(s): Ref 1, 4, 6

PRP Is Not a Replacement for Comprehensive Care

One of the most common misconceptions is that PRP is a “magic injection.”

It isn't. Successful orthopaedic care begins with an accurate diagnosis, not simply choosing an injection.

At Florida Orthopaedic Institute, PRP is used as one component of a personalized treatment plan that may also include:

Physical Therapy

Strength & Mobility Training

Activity Modification

Weight Management (When Appropriate)

Medication Management

Sports Medicine

Regenerative Medicine

Surgical Treatment (When Clinically Indicated)

The goal is not simply to relieve pain today, but to help patients move better, recover more effectively, and return to the activities they enjoy.



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Why Precision Matters

The success of PRP depends on much more than the injection itself.

Several factors influence outcomes, including:

Accurate Diagnosis

Not all joint or tendon pain has the same cause. Determining the correct diagnosis is the first and most important step.

Careful Patient Selection

Research suggests that patients with certain conditions, particularly mild-to-moderate osteoarthritis and chronic tendon disorders, are more likely to benefit than those with advanced joint damage.

Ultrasound Guidance

For many tendon, ligament, and soft tissue conditions, ultrasound guidance allows physicians to visualize the injured tissue in real time and precisely place the PRP where it is needed.

Standardized Preparation

PRP preparation methods vary. Following standardized protocols helps promote consistency and treatment quality.

Rehabilitation

Appropriate physical therapy, strengthening, and gradual return to activity are often essential components of achieving the best possible outcome.

Research at a Glance

Recent systematic reviews suggest that PRP may provide longer-lasting improvements in pain and function than corticosteroid injections for selected patients with mild-to-moderate knee osteoarthritis and certain chronic tendon disorders. Researchers continue to refine the optimal preparation methods and treatment protocols, but current evidence supports PRP as an important evidence-informed option within comprehensive orthopaedic care.

Source(s): Ref 6

Key Takeaways

- ✓ PRP supports your body's natural healing response rather than simply masking symptoms.
- ✓ PRP uses your own blood, reducing the risk of allergic reactions.
- ✓ Outcomes depend on accurate diagnosis, careful patient selection, physician expertise, and rehabilitation.
- ✓ PRP works best as part of a personalized treatment plan, not as a stand-alone solution.

Chapter 5

Conditions Commonly Treated with PRP

Where PRP May Play a Role

Platelet-Rich Plasma therapy has been studied across a wide range of orthopaedic conditions involving joints, tendons, ligaments, muscles, and other soft tissues.

Although research continues to evolve, the strongest evidence currently supports PRP for selected patients with mild-to-moderate knee osteoarthritis and several chronic tendon disorders.

Whether PRP is appropriate depends on many factors, including the underlying diagnosis, severity of disease, previous treatments, activity level, and overall health. Your orthopaedic specialist will determine whether PRP is an appropriate option for your specific condition.

Knee Osteoarthritis

Knee osteoarthritis is one of the most common reasons patients seek PRP treatment.

As cartilage gradually wears down, patients may experience:

- Pain during walking or climbing stairs
- Morning stiffness
- Swelling
- Reduced mobility
- Difficulty participating in sports or recreational activities

Multiple randomized controlled trials and systematic reviews suggest that PRP may improve pain and physical function in carefully selected patients with **mild-to-moderate knee osteoarthritis**, particularly when combined with exercise and rehabilitation.

Patients with advanced “bone-on-bone” arthritis may experience less predictable results and may benefit from discussing additional treatment options with their physician.

Tendon Disorders

Healthy tendons allow muscles to move joints efficiently. Repeated stress, overuse, aging, or sports injuries can lead to chronic tendon degeneration, sometimes called tendinopathy.

Unlike acute injuries, chronic tendinopathy often involves degenerative tissue changes rather than ongoing inflammation alone. PRP has been studied for several chronic tendon conditions, including:

Tennis Elbow (Lateral Epicondylitis)

One of the most extensively researched applications of PRP, studies suggest PRP may improve pain and function in patients whose symptoms persist despite physical therapy and other conservative treatments.



Golfer's Elbow (Medial Epicondylitis)

PRP may be considered for patients with chronic symptoms that have not responded to nonsurgical treatment.

Patellar Tendinopathy ("Jumper's Knee")

PRP may support recovery in certain athletes and active adults with chronic patellar tendon injuries.

Achilles Tendinopathy

Although research findings are mixed, PRP may be considered for select patients after discussion with their orthopaedic specialist. *Source(s): Ref 19*

Rotator Cuff Tendinopathy

PRP may be incorporated into treatment plans for certain chronic shoulder conditions, although recommendations vary depending on the diagnosis and severity.

Ligament and Soft Tissue Injuries

PRP may also be considered in selected cases involving:

Mild Ligament Sprains

Chronic Soft Tissue Injuries

Persistent Overuse Injuries

Bursitis

Plantar Fasciitis

Muscle Injuries

Small Meniscus Tears

Labrum Tears

The decision to use PRP depends on the location, severity, chronicity, and goals of treatment.

Sports Medicine Applications

Athletes place unique demands on their joints and soft tissues. Sports medicine specialists may consider PRP for carefully selected overuse injuries, tendon disorders, and ligament injuries as part of a comprehensive rehabilitation program designed to support return to activity.

Treatment decisions are individualized based on the athlete's sport, competitive level, injury characteristics, and recovery goals.



Conditions Where PRP May Be Less Effective

Current evidence suggests PRP may provide less predictable results for:

- Advanced bone-on-bone osteoarthritis.
- Severe joint deformity.
- Complete tendon ruptures requiring surgical repair.
- Active infections.
- Inflammatory arthritis.
- Certain blood disorders or clotting abnormalities.

These conditions do not automatically exclude PRP, but they require careful evaluation and discussion with your orthopaedic specialist.

Research at a Glance

Research continues to expand the role of PRP in orthopaedic medicine. To date, the strongest clinical evidence supports its use in:

- Mild-to-moderate knee osteoarthritis
- Chronic lateral epicondylitis (tennis elbow)

Evidence for other conditions continues to evolve, and recommendations may change as additional high-quality studies become available.

Source(s): Ref 5, 6

Key Takeaways

- ✓ PRP has been studied in joints, tendons, ligaments, and soft tissues throughout the body.
- ✓ The strongest evidence currently supports mild-to-moderate knee osteoarthritis and several chronic tendon disorders.
- ✓ PRP is not appropriate for every orthopaedic condition.
- ✓ An accurate diagnosis and individualized treatment plan are essential to determining whether PRP is right for you.

Chapter 6

Who Is an Ideal Candidate for PRP?

Finding the Right Treatment Starts With the Right Diagnosis

One of the most important questions patients ask is, **“Am I a good candidate for PRP?”**

The answer depends upon much more than where you feel pain. Your orthopaedic specialist will evaluate your diagnosis, symptoms, medical history, imaging studies, previous treatments, activity level, and personal goals before recommending PRP or any other treatment.

PRP is not appropriate for everyone, but for certain patients who complete an evaluation, it may be an effective nonsurgical option that helps reduce pain, improve function, and support an active lifestyle.

Determining If You’re a Good Candidate

Research suggests PRP may be most beneficial for patients who:

- Have mild-to-moderate osteoarthritis, particularly of the knee.
- Have chronic tendon disorders such as tennis elbow, patellar tendon injuries, or selected rotator cuff conditions.
- Continue to experience pain despite physical therapy, medications, or other conservative treatments.
- Wish to remain active and continue participating in work, sports, or recreational activities.
- Are looking to delay or reduce the need for surgery when clinically appropriate.
- Prefer a treatment that uses their body’s own biologic healing mechanisms.
- Have realistic expectations and understand that improvement develops gradually.

Current evidence suggests PRP may provide less predictable results for patients with:

- Advanced “bone-on-bone” osteoarthritis
- Severe joint deformity or instability
- Complete tendon ruptures requiring surgical repair
- Active infection
- Certain blood or clotting disorders
- Uncontrolled inflammatory arthritis
- Medical conditions that may interfere with healing

These conditions do not automatically rule out PRP, but they require careful evaluation by your orthopaedic specialist.

For carefully selected patients, PRP may be an effective nonsurgical option that helps reduce pain, improve function, and support an active lifestyle.

Factors That Influence Success

No single treatment works the same for every patient. Several factors influence PRP outcomes, including:

Accurate Diagnosis

The underlying cause of your symptoms must first be identified.

Stage of Disease

Earlier-stage arthritis and chronic tendon disorders often respond more favorably than advanced structural damage.

Overall Health

General health, nutrition, smoking status, diabetes, and other medical conditions may influence healing.

Rehabilitation

Following your physician's rehabilitation plan is often just as important as the injection itself.

Expectations

PRP supports healing; it does not reverse arthritis or restore damaged cartilage. Patients who understand the expected timeline and participate actively in their recovery tend to achieve the best outcomes.

Questions your Orthopaedic Specialist May Ask

During your consultation, your physician may discuss:

- Where is your pain located?
- When did it begin?
- What activities make it worse?
- Have you completed physical therapy?
- Have you tried corticosteroid or hyaluronic acid injections?
- Have you had X-rays, ultrasound, or MRI imaging?
- What are your goals? (walking comfortably, returning to sports, avoiding surgery, etc.)

These questions help determine whether PRP, or another treatment plan, is the most appropriate option.

Research at a Glance

Research suggests that careful patient selection is one of the strongest predictors of successful PRP treatment. Patients with mild-to-moderate osteoarthritis and selected chronic tendon disorders generally experience the most favorable outcomes.

Source(s): Ref 2

Key Takeaways

- ✓ PRP is most effective when matched to the right patient and the right diagnosis.
- ✓ Careful evaluation is essential before recommending treatment.
- ✓ Realistic expectations and active participation in rehabilitation contribute to better outcomes.

Chapter 7

What Does the Latest Research Show?

Understanding the Evidence

Medical treatments should be guided by scientific evidence, not marketing claims. Over the past decade, PRP has become one of the most extensively studied biologic therapies in orthopaedic medicine.

Researchers around the world have conducted randomized controlled trials, systematic reviews, and meta-analyses to better understand where PRP provides meaningful clinical benefit and where additional research is still needed. Overall, the evidence is encouraging, particularly for select patients with knee osteoarthritis and chronic tendon disorders.

Knee Osteoarthritis

The strongest body of evidence supports PRP for patients with mild-to-moderate knee osteoarthritis.

Multiple high-quality studies have found that PRP may:

- Reduce pain.
- Improve physical function.
- Improve quality of life.
- Provide longer-lasting symptom relief than corticosteroid injections in some patients.
- Provide greater improvement than hyaluronic acid injections for some patients.

Many studies report continued improvement for 6 to 12 months, although individual results vary.

Tendon Disorders

PRP has also demonstrated promising results for several chronic tendon conditions.

Research suggests meaningful improvements may occur in:

- Tennis elbow (lateral epicondylitis)
- Some rotator cuff tendinopathies

Tendon disorders and injuries can vary greatly, so your physician will determine whether current evidence supports PRP for your specific diagnosis.

Where Research Is Still Evolving

Although evidence continues to grow, PRP is not equally effective for every orthopaedic condition.

Researchers continue to study:

- Hip osteoarthritis.
- Shoulder arthritis.
- Ankle arthritis.
- Plantar fasciitis.
- Patellar tendinopathy
- Muscle injuries.
- Ligament healing.
- Meniscal injuries.

In addition, scientists continue to evaluate:

- The optimal platelet concentration.
- The role of white blood cells in PRP preparations.
- The ideal number of injections.
- Timing between treatments.
- Rehabilitation protocols.

As additional studies become available, recommendations may continue to evolve.

Why Results Differ Between Studies

Patients often ask why different studies report different outcomes.

Several factors contribute to these differences:

- Different PRP preparation systems.
- Different platelet concentrations.
- Variations in patient selection.
- Different stages of arthritis.
- Differences in rehabilitation programs.
- Variation in physician technique.
- Number of injections performed.

Professional recommendations differ. The American Academy of Orthopaedic Surgeons (AAOS) guideline says PRP may reduce pain and improve function in knee osteoarthritis, while some other organizations recommend against it because preparation methods are not yet standardized. For this reason, physicians consider the total body of evidence rather than relying on a single study.

What the Research Means for Patients

The current evidence suggests that PRP should not be viewed as a cure for arthritis.

Instead, it should be viewed as an evidence-informed treatment option that may:

- Reduce pain.
- Improve function.
- Support an active lifestyle.
- Delay more invasive procedures for certain patients.

The best outcomes occur when PRP is incorporated into a comprehensive treatment plan developed by an experienced orthopaedic specialist.

Research at a Glance

Current evidence suggests PRP may be an effective nonsurgical option for thoroughly assessed patients with mild-to-moderate knee osteoarthritis and several chronic tendon disorders. Researchers continue to refine treatment protocols and expand our understanding of additional orthopaedic applications.

Source(s): Ref 3



Key Takeaways

- ✓ PRP is supported by a growing body of high-quality clinical research.
- ✓ The strongest evidence currently exists for mild-to-moderate knee osteoarthritis and selected tendon disorders.
- ✓ PRP should be considered one component of evidence-based orthopaedic care, not a stand-alone solution.

Chapter 8

PRP Compared With Other Treatment Options

There Is No One-Size-Fits-All Treatment

Every patient is different.

Your diagnosis, age, activity level, medical history, imaging findings, and personal goals all influence which treatment, or combination of treatments, is most appropriate.

For many patients, PRP is one option within a broader spectrum of orthopaedic care.

Treatment	Primary Goal	Typical Duration of Benefit*	Advantages	Limitations
Platelet-Rich Plasma (PRP)	Support the body's natural healing response	Often 6-12 months or longer in appropriate patients	Uses your own blood; may improve function and reduce pain; for certain conditions: may improve strength and support recovery.	Results develop gradually; not appropriate for every diagnosis; insurance coverage varies
Physical Therapy	Improve movement, strength, and function	Long-term with continued participation	Addresses underlying movement patterns, improve strength, supports recovery	Requires commitment and time
NSAIDs	Reduce pain and inflammation	Hours to days	Easily accessible, effective for short-term symptom relief	Does not address underlying tissue healing; long-term use may not be appropriate for everyone
Corticosteroid Injection	Reduce inflammation	Varies	Rapid symptom relief	Benefits are often temporary; repeated injections may not be appropriate for all patients
Hyaluronic Acid Injection	Improve joint lubrication	Varies	May reduce symptoms in select patients	Response varies; not effective for everyone
Surgery	Repair or replace damaged structures	Long-term, when indicated	Can provide substantial improvement for advanced conditions	Recovery time, rehabilitation, and surgical risks

*Individual outcomes vary.

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PRP and Physical Therapy: Better Together

One of the most important messages for patients is that PRP is **not a substitute for rehabilitation**. Physical therapy remains one of the most effective treatments for many orthopaedic conditions. PRP may help create an environment that supports healing, while physical therapy helps restore strength, flexibility, balance, and movement. When appropriate, combining these approaches may provide greater overall benefit than either treatment alone.

Shared Decision-Making

Choosing the right treatment should be a collaborative decision between you and your orthopaedic specialist.

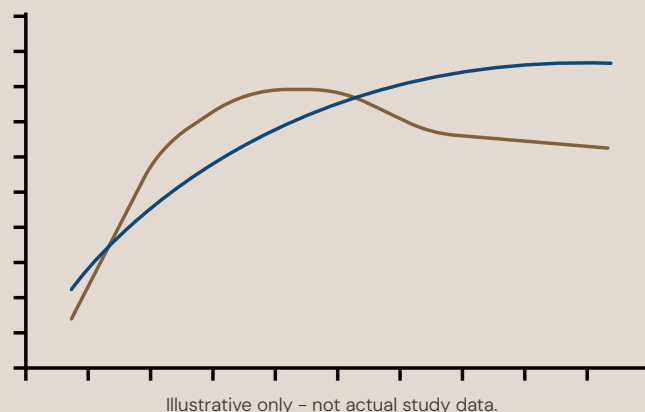
Your physician will consider:

- Your diagnosis.
- Imaging findings.
- Previous treatments.
- Lifestyle and activity goals.
- Overall health.
- Personal preferences.
- Scientific evidence supporting available options.

Together, you can develop a treatment plan tailored to your needs, not a standardized approach.

Research at a Glance

Comparative studies suggest that PRP may provide longer-lasting symptom improvement than corticosteroid injections for selected patients with mild-to-moderate knee osteoarthritis. However, every treatment has a role, and the most appropriate choice depends on the individual patient's condition and goals.



Source(s): Ref 1, 4, 6

Key Takeaways

- ✓ There is no single “best” treatment for every patient.
- ✓ PRP is one of several evidence-based treatment options available.
- ✓ Rehabilitation, lifestyle modifications, and physician expertise remain essential components of successful orthopaedic care.
- ✓ The best treatment plan is personalized, based on your diagnosis and goals, rather than a one-size-fits-all approach.

Chapter 9

Your PRP Treatment Journey

What to Expect Every Step of the Way

Knowing what to expect can help you feel more confident about your treatment. Although every patient's care plan is personalized, the PRP journey generally follows the same process, from your initial consultation through recovery and follow-up.

Step 1: Comprehensive Evaluation

Your journey begins with an appointment with one of our board-certified orthopaedic specialists. During your visit, your physician will discuss:

- Your symptoms.
- Medical history.
- Previous treatments.
- Activity level.
- Lifestyle goals.
- Medications.
- Imaging studies such as X-rays, MRI, or ultrasound.

This evaluation helps determine whether PRP is the right treatment, or whether another option may better meet your needs.

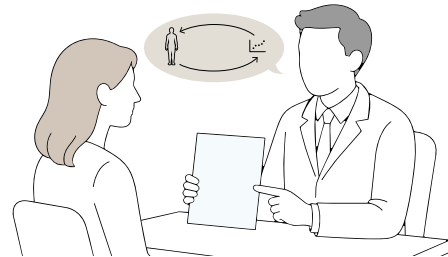


Step 2: Developing Your Personalized Treatment Plan

Every patient is different. Your physician may recommend:

- Physical therapy first.
- PRP alone.
- PRP combined with rehabilitation.
- Activity modification.
- Weight management strategies.
- Other injections.
- Surgery, when appropriate.

Treatment decisions are always individualized.

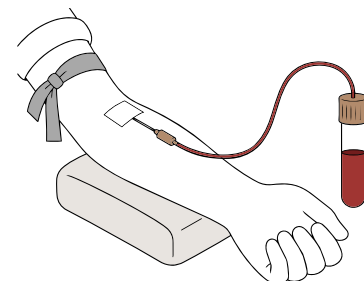


Step 3: Preparing for Your Procedure

Your physician will provide instructions before your appointment. These may include:

- Reviewing your medications.
- Avoiding certain anti-inflammatory medications before and after treatment, if recommended.
- Staying well hydrated.
- Wearing comfortable clothing.

Your care team will review all instructions specific to your situation.

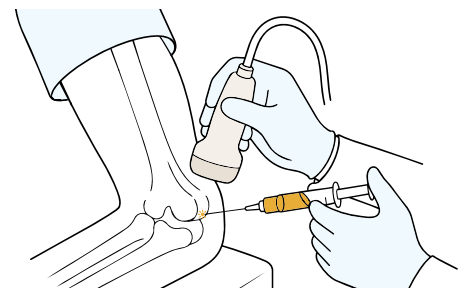


Step 4: The Procedure

The PRP procedure is performed in the office and generally takes about **45-90 minutes**. The process includes:

1. Drawing a small sample of your blood.
2. Preparing the platelet-rich plasma using specialized equipment.
3. Cleansing the treatment area.
4. Using ultrasound guidance, when appropriate.
5. Injecting the PRP into the targeted tissue.

Most patients return home shortly afterward.



Step 5: After Your Injection

Mild soreness during the first few days is common and usually represents the body's natural healing response. Your physician will discuss:

- Activity restrictions.
- Pain management.
- When to resume exercise.
- When physical therapy should begin.
- Follow-up appointments.



Step 6: Follow-Up Care

Healing continues long after the injection. Your physician may schedule follow-up visits to evaluate:

- Pain.
- Function.
- Strength.
- Mobility.
- Progress toward your personal goals.

Recovery plans are adjusted as needed throughout the healing process.



Patient Timeline



FAQs

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.

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.

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.

For a full list of expanded questions and answers, refer to our complete **PRP Frequently Asked Questions Guide**.

Key Takeaways

- ✓ PRP is an outpatient procedure.
- ✓ Most visits take less than one hour.
- ✓ Recovery is gradual.
- ✓ Follow-up care and rehabilitation are essential parts of treatment.

Chapter 10

Recovery & Returning to an Active Life

Healing Takes Time

Unlike treatments designed to provide immediate pain relief, PRP supports your body's natural healing response. Because healing occurs gradually, improvement often develops over weeks to months.

Many patients notice:

- Less pain.
- Better mobility.
- Improved strength.
- Increased confidence in daily activities.

Recovery varies depending on:

- The condition being treated.
- Severity of injury.
- Age.
- Overall health.
- Rehabilitation participation.



Your Recovery Timeline

First 24 - 72 hours

Mild soreness is common. Many patients experience temporary discomfort before improvement begins.



1-2 weeks

Normal daily activities often resume. Your physician may recommend temporarily avoiding high-impact exercise.



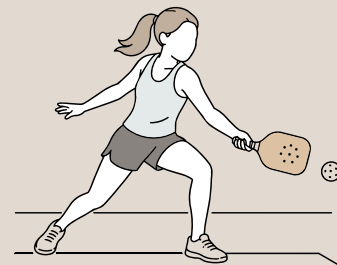
2-6 weeks

Many patients begin noticing meaningful improvements. Activities become more comfortable. Mobility often improves.



6-12 months

Healing continues. Many patients return to recreational activities they had previously limited because of pain.



Maximizing Your Results

Your participation plays an important role in recovery.

Your physician may recommend:

Physical Therapy

Home Exercise Programs

Strength Training

Flexibility Exercises

Weight Management

Activity Modifications

Nutritional Support

These strategies help support long-term joint health.

When Should You Contact Your Physician?

Although complications are uncommon, contact your care team if you experience:

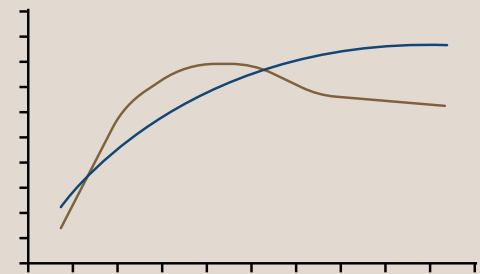
- Fever.
- Increasing redness.
- Drainage.
- Severe swelling.
- Significant worsening pain.

Your physician will explain what is expected during recovery and what symptoms require medical attention.

Research at a Glance

Clinical studies suggest that patients often experience continued improvement for several months following PRP treatment, particularly when rehabilitation is incorporated into their care plan.

Source(s): Ref 7, 8



Illustrative only – not actual study data.

Key Takeaways

- ✓ Recovery is gradual.
- ✓ Physical therapy remains an important part of treatment.
- ✓ Most patients improve over several weeks to months.
- ✓ Long-term success depends on the entire treatment plan, not only the injection.

Chapter 11

Why Choose Florida Orthopaedic Institute?

Experience Matters

Receiving PRP is only one part of successful treatment. The quality of your evaluation, diagnosis, injection technique, rehabilitation, and follow-up care all influence your outcome.

At Florida Orthopaedic Institute, PRP is integrated into a comprehensive orthopaedic program focused on helping patients return to the activities they enjoy.

Comprehensive Orthopaedic Care

Our multidisciplinary team includes specialists in:

Sports Medicine

Joint Preservation

Joint Replacement

Physical Medicine & Rehab

Physical Therapy

Hand & Upper Extremity

Foot & Ankle

Spine Care

Whether PRP is appropriate, or another treatment plan is better, you receive care tailored to your specific condition.

Evidence-Based Decision Making

Every treatment recommendation is guided by:

- Current scientific evidence.
- Clinical expertise.
- Advanced imaging.
- Individual patient goals.
- Shared decision-making.

We believe informed patients make better healthcare decisions.

Precision Matters

When appropriate, our physicians use ultrasound guidance to improve injection accuracy.

Accurate diagnosis, careful patient selection, standardized preparation, and rehabilitation are all part of delivering high-quality PRP care.

Book Now

Book an Appointment Today
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813-615-8825

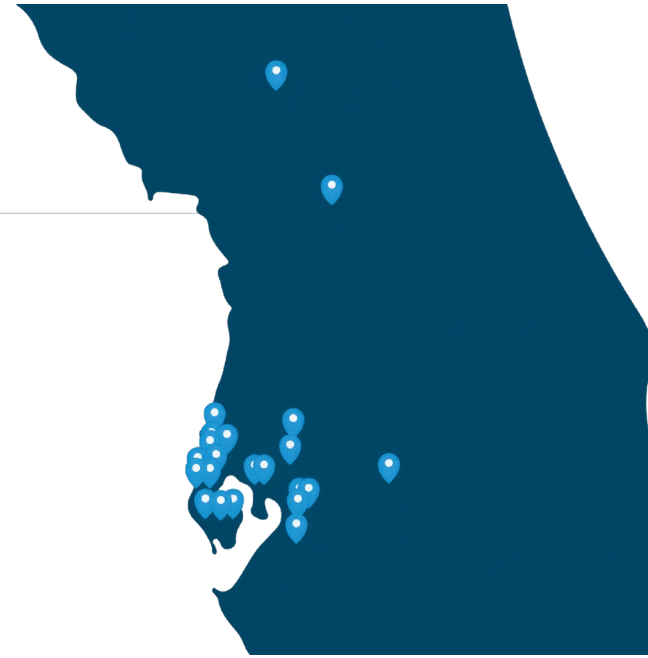
Our goal isn't simply to treat
pain, it's to help patients return
to the life they want to live.



Accessible Care Across Florida

Our network of physicians and convenient locations provides access to comprehensive orthopaedic care.

- | | | |
|---------------------|------------------|---------------|
| 📍 South Tampa | 📍 Clearwater | 📍 Lakeland |
| 📍 North Tampa | 📍 Palm Harbor | 📍 Gainesville |
| 📍 Brandon/Riverview | 📍 South Pinellas | 📍 Ocala |
| 📍 St. Petersburg | 📍 North Pinellas | 📍 Pasco North |



Built FOR Better

At Florida Orthopaedic Institute, our goal is not simply to reduce pain.

Our goal is to help you:

- Move with confidence.
- Recover with purpose.
- Return to the activities that matter most.

Whether you're training for your next race, caring for your family, or simply hoping to enjoy everyday life with less pain, we're here to help you take the next step.

Ready to Learn Whether PRP is Right for You?

Every patient deserves an individualized treatment plan. Schedule a consultation with one of our orthopaedic specialists to discuss your diagnosis, review your treatment options, and determine whether PRP may be an appropriate part of your recovery journey. Because better movement begins with the right diagnosis, we're here to help you take the first step, so you can enjoy life with less pain.

To get in touch, find us online at <https://www.floridaortho.com/built-for-better/prp-therapy>

Or, call your local office 813-615-8825.

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.



Looking for more?

Visit our PRP webpage for more details and information about the PRP process, and to read reviews and testimonials from our former patients.



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Platelet-Rich Plasma (PRP) therapy is not approved by the U.S. Food and Drug Administration (FDA) for any particular indication. While the devices used to prepare PRP may be FDA-cleared for the production of platelet-rich plasma, the use of PRP as a treatment has not been evaluated for safety and efficacy by the FDA. 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.

The information in this material is provided for general informational and educational purposes only. It is not intended to be medical advice, diagnosis or treatment. Always contact your healthcare provider directly with any questions you may have regarding your health or specific medical advice before beginning a new treatment regimen. As with any medical treatment, individual results may vary and are not guaranteed. Not all patients will be eligible for nonsurgical therapy plans.

Built FOR **Better**



<https://www.floridaortho.com>