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Understanding Platelet-Rich Plasma (PRP)

An Evidence-Based Guide to Nonsurgical Joint and Tendon Care

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Helping You Stay Active Without Rushing to Surgery

Introduction

Joint pain doesn't just affect your knees, shoulders, or elbows — it affects how you live. It can make walking the dog, playing golf, exercising, traveling, working, or simply climbing the stairs more difficult. While surgery is sometimes the right solution, many patients want to explore effective nonsurgical options first.

PRP therapy is an evidence-based treatment that may help carefully selected patients reduce pain, improve function, and stay active. It uses concentrated healing components from your own blood to support the body's natural healing process. *Source(s): Ref 3, 9*

This guide explains what PRP is, who may benefit, what to expect, and how orthopaedic specialists determine whether it is appropriate for you.

Why Choosing the Right Provider Matters

If you're researching PRP, you've probably noticed that many clinics now offer this treatment, from orthopaedic practices to wellness centers and regenerative medicine clinics.

While the PRP procedure may appear similar, not all PRP programs are the same.

Successful outcomes depend on much more than the injection itself. Accurate diagnosis, careful patient selection, physician expertise, standardized PRP preparation, rehabilitation, and ongoing orthopaedic care all contribute to achieving the best possible results.

At Florida Orthopaedic Institute, PRP is delivered as part of a comprehensive orthopaedic treatment program, not as a stand-alone injection service. If PRP isn't the right treatment for your condition, our specialists can recommend other evidence-based options to help you reach your goals.

What Is PRP?

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

PRP is not a medication or a steroid; it uses your body's own biological healing components. Platelets contain proteins and growth factors that play an important role in tissue repair and healing. Through a specialized preparation process, these platelets are concentrated and injected into the affected area.
Source(s): Ref 3, 12

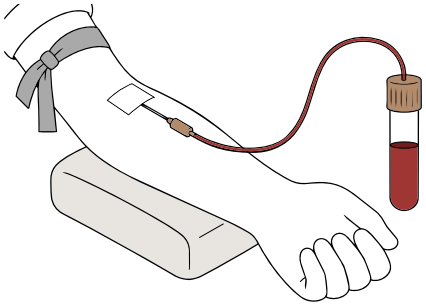
PRP has become an increasingly utilized option in orthopaedic medicine for certain joint, tendon, ligament, and soft tissue conditions.

> PRP is not a medication or a steroid; it uses your body's own biological healing components.

How PRP Works

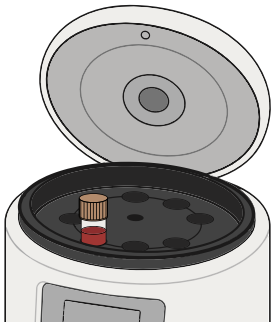
01 – Blood Draw

A small amount of blood is collected, similar to routine laboratory testing.



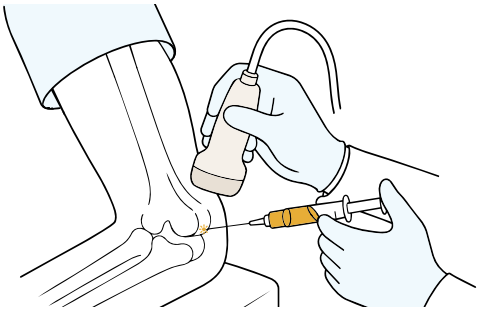
02 – Concentration

The blood is processed to concentrate platelets and healing proteins.



03 – Precision Injection

Your clinician places the PRP precisely into the targeted area.

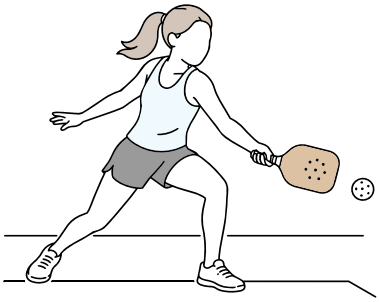


04 – Natural Healing Response

Over time, growth factors released by platelets may help:

- Reduce inflammation.
- Support tissue healing.
- Improve function.
- Decrease pain.

Results typically occur gradually over several weeks.



WHAT TO EXPECT

Procedure time: 45 - 90 minutes	Minimal downtime. You can return home the same day.	Improvement starts gradually over the course of a few weeks.	Combine with physical therapy for best results.	Uses your own blood, so the risk of allergic reaction is very low.

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DID YOU KNOW?

PRP comes from your own blood. A small blood sample is processed to concentrate platelets within the plasma before the PRP is delivered to the treatment area. Research on PRP continues to evolve, and its effectiveness may vary depending on the condition being treated and individual patient factors.

Conditions Commonly Treated With PRP

PRP may be appropriate for certain:

Joint Conditions

Mild-to-moderate osteoarthritis, meniscus tears, and labrum tears. *Source(s): Ref 1, 4, 5*

Tendon Injuries

Tennis elbow, golfer's elbow, rotator cuff tendinopathy, gluteus medius tendinopathy, and patellar tendon injuries. *Source(s): Ref 10, 11*

Soft Tissue and Select Ligament Conditions

Bursitis, chronic plantar fasciitis, overuse injuries, and select partial ligament tears, including MCL knee and UCL elbow injuries. PRP is not typically used for cruciate ligament injuries.

Not every patient or condition is a good candidate. Your orthopaedic specialist will determine whether PRP fits your overall treatment plan.

Who May Benefit From PRP?

PRP is not appropriate for every patient, but it may be an option for people who want to reduce pain, improve function, and remain active without immediately considering surgery.

Patients who may benefit include:

Active adults whose knee pain is limiting exercise or daily activities

Whether you enjoy running, pickleball, golf, tennis, hiking, or simply walking comfortably, PRP may help reduce pain associated with mild-to-moderate joint degeneration so you can stay active.

Individuals with chronic tendon injuries that haven't improved with conservative treatment

Some conditions, such as tennis elbow, golfer's elbow, gluteus medius tendinopathy, chronic plantar fasciitis, patellar tendinopathy, and rotator cuff tendinopathy, sometimes persist despite physical therapy, rest, medications, or activity modification. PRP may stimulate healing in carefully selected patients.

Patients with early-to-moderate osteoarthritis

Individuals experiencing persistent knee pain from mild-to-moderate osteoarthritis who wish to delay more invasive procedures may benefit from PRP as part of a comprehensive treatment plan.

Patients hoping to delay joint replacement

While PRP cannot reverse advanced arthritis or regenerate cartilage, it may help improve symptoms and postpone surgery for appropriately selected patients.

Patients seeking a more natural treatment option

Because PRP uses concentrated platelets from your own blood, many patients appreciate that no steroids or synthetic medications are injected.

PRP is not appropriate for everyone. Patients with severe bone-on-bone arthritis, significant joint deformity, active infection, certain inflammatory conditions, or other medical factors may require different treatment approaches.

PRP may be right if your goal is to:

- Stay active without immediately considering surgery.
- Return to golf, pickleball, tennis, running, or walking comfortably.
- Continue working with less joint pain.
- Recover from a tendon injury that hasn't improved with conservative treatment .
- Explore evidence-based, nonsurgical treatment options.

Every patient is different. The best treatment begins with the right diagnosis, not simply selecting an injection.

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The FOI Difference

Orthopaedic expertise, connected around you. At Florida Orthopaedic Institute, patients have access to specialists across orthopaedic subspecialties and a broad range of musculoskeletal services, from diagnostic imaging and rehabilitation to nonsurgical and surgical care. This allows treatment recommendations to be considered within the context of each patient's condition, needs, and goals.

What Does the Research Say?

Research evaluating PRP has expanded significantly over the past decade. While outcomes vary depending on the condition being treated, patient selection, and preparation technique, high-quality evidence supports PRP for several common orthopaedic conditions.

Knee Osteoarthritis

Multiple randomized controlled trials and systematic reviews have demonstrated that PRP can improve pain and physical function in patients with mild-to-moderate knee osteoarthritis. *Source(s): Ref 1, 4, 5, 6, 7, 8*. Compared with corticosteroid injections or hyaluronic acid, PRP may provide for some patients:

- Greater improvement in pain scores.
- Better functional outcomes.
- Longer-lasting symptom relief.

Source(s): Ref 5, 6, 7

Several studies have shown benefits lasting six to twelve months or longer.

Chronic Tendon and Soft Tissue Disorders

Evidence also supports PRP for certain chronic tendon and soft tissue conditions including:

- Lateral epicondylitis (tennis elbow).
- Patellar tendinopathy.
- Chronic plantar fasciitis.
- Gluteus medius tendinopathy.

Source(s): Ref 10, 11
Source(s): Ref 1, 4, 5

PRP appears most beneficial when conservative treatments such as rest, medications, and physical therapy have not provided sufficient improvement.

Important Considerations

Current evidence does not support PRP as a cure for arthritis or a treatment that regenerates cartilage. *Source(s): Ref 1, 2, 4*. Instead, PRP should be viewed as one component of an evidence-based orthopaedic treatment plan aimed at reducing pain, improving function, and helping patients remain active.

Clinical outcomes depend on:

- Appropriate patient selection.
- Accurate diagnosis.
- Injection technique.
- PRP preparation methods.
- Participation in rehabilitation.

Why Aren't All PRP Programs the Same?

Patients are often surprised to learn that PRP preparation methods, physician expertise, injection techniques, and follow-up care vary significantly between providers.

Before choosing a provider, consider asking:

- Who determines whether I'm actually a candidate for PRP?
- Who will perform the injection, and what training and experience do they have with PRP?
- How is the PRP prepared?
- What rehabilitation is included after treatment?
- What happens if PRP isn't the right solution for my condition?

At Florida Orthopaedic Institute, PRP is integrated into a complete orthopaedic care pathway that includes advanced diagnostics, physician expertise, physical therapy, rehabilitation, and surgical care when needed.

Our goal isn't to provide every patient with PRP. Our goal is to provide every patient with the right treatment.

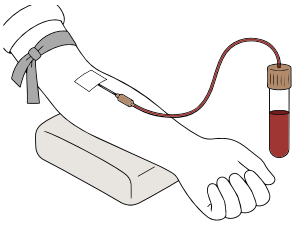
What to Expect During Treatment

Initial Evaluation

A board-certified orthopaedic specialist reviews your symptoms, medical history, imaging studies, previous treatments, and activity goals. Allow approximately 30 - 60 minutes for this visit.

Procedure Day

Most PRP procedures take approximately 45 - 90 minutes. Patients typically return home the same day.

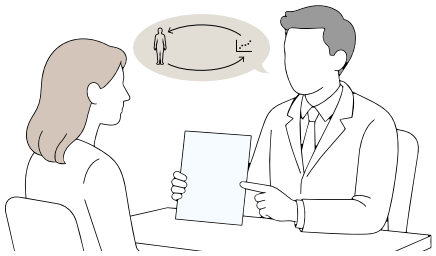


Recovery

Recovery varies, but many patients:

- Resume normal daily activities within days.
- Begin gradual improvement over several weeks.
- Continue improving over several months.

Your physician may recommend physical therapy or activity modifications to optimize results.



Patient Tip

Come prepared for your PRP conversation. Share a complete list of your medications, supplements, allergies, and relevant health information with your care team, and follow the specific instructions provided for your procedure. Do not stop a prescribed medication unless your treating clinician tells you to, and ask what activity, pain-management, and follow-up guidance is appropriate for your recovery.

Why Choose Florida Orthopaedic Institute for PRP?

Receiving a PRP injection is only one part of successful treatment. The quality of diagnosis, patient selection, injection technique, and follow-up care all influence outcomes.

At Florida Orthopaedic Institute, PRP is delivered within a comprehensive orthopaedic care model designed to optimize every stage of recovery.

Board-Certified Orthopaedic Expertise

Our fellowship-trained orthopaedic physicians evaluate whether PRP is truly the right treatment. Not every patient benefits from PRP, and appropriate selection is one of the most important predictors of success.

Standardized PRP Preparation

Consistent preparation protocols help maximize treatment quality and ensure every patient receives the highest standard of care.

Comprehensive Orthopaedic Care

Unlike stand-alone injection clinics, PRP at Florida Orthopaedic Institute is integrated into a complete continuum of orthopaedic care that may include:

- Advanced diagnostic imaging.
- Physical therapy.
- Sports medicine.
- Rehabilitation.
- Activity modification.
- Surgical expertise, when needed.

If PRP is not the right treatment, or if your condition progresses, you already have access to one of the nation's leading orthopaedic teams without needing to start over elsewhere.

Patients aren't simply receiving an injection. They're receiving a personalized treatment strategy backed by orthopaedic specialists focused on helping them return to the activities they enjoy.

Orthopaedic Expertise Matters

Many PRP injections are performed in clinics that focus exclusively on regenerative medicine or wellness services. At Florida Orthopaedic Institute, PRP is performed to support consistent, high-quality care.

That means every patient benefits from:

- Board-certified orthopaedic specialists.
- Fellowship-trained physicians.
- Evidence-based treatment recommendations.
- Advanced imaging.
- Integrated physical therapy and rehabilitation.
- Surgical expertise, when necessary.

Our physicians don't simply perform injections. They evaluate your entire orthopaedic condition to determine the treatment most likely to help you return to the activities you enjoy.

What to Look For	Florida Orthopaedic Institute
Comprehensive evaluation process	Comprehensive orthopaedic evaluation
Evidence-based treatment protocols	Standardized evidence-based protocols
Full spectrum of care options	Full continuum of orthopaedic care
Integrated rehabilitation support	Integrated physical therapy
On-site surgical consultations	Surgical specialists available, if needed
Specialized orthopaedic focus	Orthopaedic specialists treating the underlying condition

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Frequently Asked Questions

Is PRP safe?

Because PRP comes from your own blood, the risk of allergic reaction is extremely low. Like any injection, there are small risks, soreness, swelling, bleeding, and infection that your physician will discuss with you.

Is PRP FDA-approved?

No. PRP 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.

Does PRP regenerate cartilage?

Current evidence does not support claims that PRP regenerates cartilage or cures arthritis. *Source(s): Ref 1, 4.* However, it may help reduce pain and improve function in select patients.

Will I avoid surgery?

Some patients experience meaningful improvement that allows them to postpone surgery. Others may still require surgery in the future. Treatment decisions are individualized.

How many injections are needed?

Depending on your condition, your physician may recommend one injection or a series of treatments.

The Importance of Seeing an Orthopaedic Specialist

Choosing PRP involves more than deciding on an injection, it means choosing the team responsible for your diagnosis, treatment plan, and long-term recovery.

At Florida Orthopaedic Institute, PRP is part of an integrated orthopaedic program that combines physician expertise, advanced imaging, rehabilitation, and surgical care when necessary.

Our goal is simple: Help every patient receive the right treatment at the right time, whether that is PRP, physical therapy, surgery, or another evidence-based solution.

Take the Next Step

If joint pain or tendon injuries are preventing you from doing what you love, you don't have to navigate your options alone.

Schedule a consultation with one of our board-certified orthopaedic specialists to determine whether PRP, or another evidence-based treatment, is the right choice for your condition.

Because the best outcomes begin with the right diagnosis.

Questions to Ask Before Choosing a PRP Provider

- Am I actually a candidate for PRP?
- What evidence supports PRP for my condition?
- What happens if PRP isn't the right treatment?
- Will I have access to physical therapy and surgical specialists if needed?

At Florida Orthopaedic Institute, we're committed to helping you make an informed decision. based on your diagnosis, goals, and the latest clinical evidence.

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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 document. 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.