

Patient Information from



Platelet Rich Plasma

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What is Platelet-Rich Plasma?

Platelet-Rich Plasma, or PRP, is blood plasma with concentrated platelets. The platelets are the cells in our body that contain nutrients and growth factors that are vital to initiate and accelerate tissue repair and regeneration. With PRP, we concentrate platelets from your own blood (over 500% more platelets than normal blood). This way, we can stimulate the healing of a chronically injured tissue.

How does PRP work?

To prepare PRP, a small amount of blood is taken from the patient. The blood is then placed in a centrifuge. The centrifuge spins and automatically produces the PRP. The entire process takes less than 15 minutes and increases the concentration of platelets and growth factors up to 500%. When PRP is injected into the damaged area, it stimulates the tendon or ligament to activate the healing process. As a result, new collagen begins to form in the injured tissue. As this collagen matures, it becomes stronger and tighter, and eventually allows the tendon or ligament to withstand the stress of daily and sports related activities.

What are the potential benefits of PRP?

Patients can see a significant improvement in symptoms. This may eliminate the need for more aggressive treatments such as long term medication or surgery, as well as a remarkable return of function. In addition, PRP has been reported to accelerate tissue healing by as much as 50%.

I've heard of cortisone shots. Is this the same thing?

Studies have shown that cortisone injections may actually weaken tissue. Cortisone shots may provide temporary pain relief and stop inflammation, but they do not provide long term healing. PRP therapy heals and strengthens these tendons and ligaments, strengthening and thickening the tissue up to 40% in some cases.

What can be treated?

PRP injections can be performed in tendons, ligaments, and joints all over the body. Sports injuries, arthritic joints, and more specific injuries including tennis elbow, partial ACL tears, partial rotator cuff tears, plantar fasciitis, greater trochanteric bursitis of the hip, and Achilles tendinosis may all be effectively treated with PRP. In addition, PRP has been reported to decrease pain in osteoarthritis.

How many treatments are necessary and how often is this therapy administered?

While response to treatment varies, most people will experience significant improvement in symptoms after only 1 treatment. Some patients require anywhere from 2 to 6 sets of injections. Each set of treatment is spaced approximately 4 to 6 weeks apart. There is no limit to the number of treatments you can have. The risks and side effects do not change with the number of injections.

Call Dr. Taduran's office at 520-382-8200 to schedule an appointment or to learn more about this procedure.

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Is PRP right for me?

If you have a tendon or ligament injury and traditional methods have not provided relief, then PRP therapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissue with minimal or no scarring and prevent further degeneration of the tissues. There will be an initial evaluation with Dr. Taduran to see if PRP therapy is RIGHT for you.

Are there any special instructions?

You are restricted from the use of non-steroid anti-inflammatory medications (NSAIDs) one week prior to the procedure and throughout the course of treatments. You must also be at least 3 months removed from cortisone injection and one week removed from oral corticosteroids. Initially, the procedure may cause some localized soreness and discomfort. Most patients only require some extra-strength Tylenol to help with the pain. Ice and heat may be applied to the area as needed. After the first week after the procedure, patients will typically start a rehabilitation program with physical therapy. However, aggressive physical activity is discouraged.

How soon can I go back to regular physical activities?

PRP therapy helps regenerate tendons and ligaments but it is not a quick fix. This therapy stimulates the growth and repair of tendons and ligaments, and requires time and rehabilitation. Through regular visits, your doctor will determine when you are able to resume regular physical activities. On average, patients return to sports between 8 to 12 weeks after the PRP injection.

Does insurance pay for PRP?

Most insurance companies do not cover the PRP injection. However, most patients can use their healthcare flexible spending account to pay for the procedure.

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