

## What should you expect after treatment?

- Common side effects include soreness, stiffness, and swelling.
- You are able to return to normal daily activities immediately after the procedure; however, you should avoid strenuous exercise or heavy lifting for the first few weeks.
- Initial discomfort from procedure typically subsides in 3-5 days. Ice, Tylenol®, or pain medication may be used for post-injection soreness.
- A brace may also be applied in certain cases.
- To optimize the effectiveness of treatment, physical therapy is recommended to treat any underlying muscle weakness and minimize risk of recurring painful episodes.
- Typical return to full activity is 3-4 months.

## References:

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- Head P. Rehabilitation considerations in regenerative medicine. *Phys Med Rehabil Clin N Am*. 2016;27:1043-1054.

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## Non-Surgical Treatments for Chronic Tendinitis

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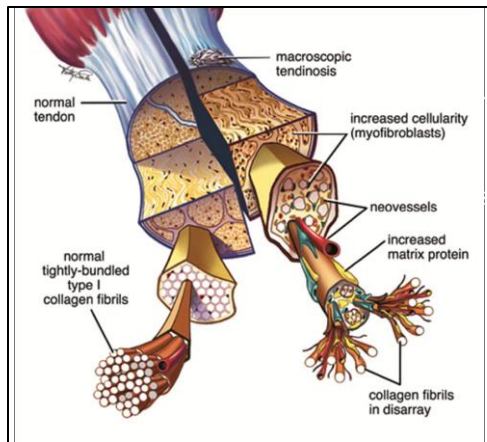
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## Why do tendons break down?



Reference: Brukner and Khan's Clinical Sports Medicine

- When repeatedly overloaded beyond their capacity to repair, tendon cells develop collagen disorganization, abnormal cellular matrix, and cell death.
- Most chronic tendon problems do NOT have inflammatory cells
- This is why anti-inflammatory medications and steroids are not helpful long-term.

## What is Platelet-Rich Plasma (PRP)?

- PRP comes from a patient's own blood and uses a high concentration of platelets to stimulate repair of injured tissue, reduce inflammation, and restore function.



## Is PRP right for you?

- Pain lasting more than 3-6 months despite standard conservative treatments (i.e. NSAIDs, physical therapy, activity modification)
- Confirmed tendinitis or small, partial tear on ultrasound or MRI
- Able to participate in physical therapy following injection

## Common Uses

- Rotator cuff tendinitis
- Medial epicondylitis ("golfer's elbow")
- Lateral epicondylitis ("tennis elbow")
- Hamstring tendinitis
- Gluteal tendinitis ("hip bursitis")
- Patella tendinitis ("jumper's knee")
- Achilles tendinitis
- Plantar fasciitis

## What should you expect on the day of treatment?

- Anti-inflammatory medications should be stopped before and after procedure.
- The entire procedure is performed in-office.
- During your visit, we draw 50cc's of blood and spin it in a centrifuge to collect highly concentrated platelet-rich plasma.
- To ensure precise placement, injections are performed under ultrasound guidance.
- Local anesthetic is applied prior to injection. To help with discomfort, ice may be applied for 10-15 minutes afterwards.

