

## 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 4-6 weeks.

## References:

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- Filardo, G, Kon, E. et al. Platelet-rich plasma intra-articular knee injections for the treatment of degenerative cartilage lesions and osteoarthritis. *Knee Surg Sports Traumatol Arthrosc.* 2012.

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*Knee Arthritis:*

*Platelet-Rich Plasma*

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## What is osteoarthritis?

- Osteoarthritis (OA) is a painful condition that occurs when cartilage inside a joint is worn down over time.
- This can be caused by prior injury, overuse, or genetics.
- Common symptoms include pain, stiffness, and swelling.



## 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.

## Current Evidence for Knee Osteoarthritis

- PRP is a safe and effective treatment for knee osteoarthritis.<sup>1</sup>
- PRP is more effective than steroid and viscosupplementation (hyaluronic acid) injections and provides relief that can last up to 2 years.<sup>2</sup>
- While frequency of treatments may vary, studies show no difference in outcome with a single injection versus a series of injections.<sup>3</sup>



## Is PRP right for you?

- PRP is most beneficial in patients with mild-to-moderate knee osteoarthritis.<sup>4</sup>
- Contraindications include severe (bone-on-bone) osteoarthritis, prosthetic joint, active infection, and use of anti-platelet medications.

## 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 (typically a 1 hour long appointment).
- 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.