

MSK Doctors

Specialised in the management of joint and muscle pain.

Bone, Joints & Cartilage Experts

Platelet Rich Plasma (P.R.P.) is blood plasma which has been processed to increase the concentration of platelets (the body's natural repair for damaged tissue). The concentrated platelets found in PRP contain growth factors that are vital to initiate and accelerate tissue repair and regeneration.

How does it work ?

An injection with a high concentration of platelets and growth factors can stimulate the body's ability to heal an area of injury. These bioactive proteins initiate connective tissue healing and repair, promote development of new blood vessels, and stimulate the healing process. The main benefit is that patients experience a significant improvement in symptoms. This treatment may eliminate the need for more aggressive treatments such as long term medication or surgery, as well as a remarkable return of function and a much shorter recovery time. A major advantage of this treatment with MSK Doctors is that no foreign substance is used – we use the patient's own growth factors from their own blood - so there is no risk of any disease transmission. For patients who suffer from conditions in multiple parts of their body, several areas may be injected during the treatment.

What kind of conditions can P.R.P. treat?

P.R.P. can be used to treat a range of common orthopaedic conditions such as tendon issues, arthritis and sports injuries.







Blood is taken from the patient and then placed in a machine that spins at high speed to separate the different types of blood cells.

MSK Doctors will extract the platelet rich part of the blood and inject this into the area of injury. The entire process of preparing the blood takes about 15 minutes and increases the concentration of platelets and growth factors at the site of injury by up to 500% (creating five times the normal number of platelets/growth factors).

The procedure is carried out in-clinic with the patient awake, using local anaesthetic. The whole procedure usually takes around 30mins.

What can I expect after the procedure?

A local anaesthetic is used during the procedure which means that immediately after the procedure the area may feel numb. This may last a few hours. Afterwards you may well be sore for a period of 24 to 48 hours. You can take simple painkillers such as Paracetamol, following the dosage instructions on the packaging. **It is recommended that you do not take anti-inflammatory medications (such as aspirin or ibuprofen) for up to a week before and for up to 6 weeks after the procedure.** If you are unsure whether any regular medication you take is anti-inflammatory, show it to the MSK doctors' team, so that we can advise you whether it is safe to take. Post procedural brace/ splintage may be required for some conditions. Sport or Joint specific collagen supplements can help to make the effects last longer.
Do only minimal activity for the first three weeks after the procedure and resume light activity at 50% of your usual activity for the next three weeks. Over weeks six to nine, activity can slowly return to 100%.

What are the possible risks and complications?

- Infection at the site of the injection.
- An increase in inflammation and pain at the site of the injection.
- Bleeding and/or bruising.
- No relief or worsening of symptoms.
- Allergic reaction to the local anaesthetic drug.
- Failure to achieve successful result.
- Injury to the nerves or blood vessels.
- Prolonged stiffness and/or pain.

If you require further information about risks or complications, please discuss with your consultant. Please do not undertake the procedure if you do not fully understand the above.

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