**PLATELET RICH PLASMA**

PRP is an autologous therapy (meaning that the donor and recipient is the same person) that is based on injecting the platelet rich portion of a person’s blood directly into the arthritic or injured area. This catalyzes the body’s ability to repair damaged tendons, partially ruptured muscles, as well as heal bone and cartilage defects in arthritic joints.

**What conditions is PRP good for?**Typical indications for PRP therapy in humans include chronic tennis elbow, chronic rotator cuff syndrome of the shoulder, knee/patellar tendinitis and meniscal tears, achilles tendinitis as well as chronic low back pain and spine instability. The latest expanded indications for PRP therapy also include knee, hip and shoulder osteoarthritis and even chronic pain after joint replacement surgery.

**Contraindications for PRP include the following preexisting conditions:**

• Presence of a tumor
• Metastatic disease
• Active Infections
• Pregnancy and/or active breastfeeding

