

What we do

Platelet Rich Plasma (PRP)

Platelet Rich Plasma (PRP) injections are used for rapid recovery from certain injuries.

The process involves collecting the patient's blood, removing and concentrating the blood platelets, and re-injecting the sample back at the site of injury. The procedure is completed using ultrasound guidance. When injected, growth factors contained in the PRP initiate the body's natural healing process.

This can improve recovery time and function.

Common uses for PRP include rotator cuff tears, tennis elbow, achilles tendon injuries, and arthritic joints.

Frequently Asked Questions

Is the procedure painful?

The injections do cause some discomfort. Most people will feel stiff for a 24-48 hours.

Discomfort can be managed with tylenol and/or robaxacet. ADVIL/IBUPROFEN/ MOTRIN, ASPRIN/ASA, and CELEBREX may also be used. Additional non-opioid pain medication can also be provided.

How many treatments will I need?

While some clients may only require one treatment, others may require up to three.

Treatments are completed approximately 1 month apart. For optimal results, clients are encouraged to continue with physiotherapy over the course of their treatments.

Are there any risks?

Complications from injecting extremity joints are extremely rare. These include skin infections and allergic reactions.

While extremely rare, complications from injections into the upper spine can include entry into the spinal canal and the possibility of puncturing the lung. The use of ultrasound to guide each injection significantly reduces the risk of any complications.

Your Appointment

You will be assessed by a senior physiotherapist before receiving treatment. This is to ensure that you experience the best possible outcome.

What are the costs?

PRP is not covered by Alberta Health. However, some private insurance plans may cover the cost.

What should I wear?

You will need to disrobe sufficiently to expose the area requiring treatment. A hospital gown is available if required.

Other Considerations

Your level of activity will be dependent on your level of comfort. We recommend that you stay as active as possible without aggravating any symptoms of discomfort.