

Considering PRP? A Natural Option for Joint & Tendon Pain

If joint or tendon pain has been lingering despite rest, physical therapy, or medication, you're not alone. Many patients experience this and begin asking an important question: *What options exist before moving on to stronger medications, injections, or surgery?*

One treatment that often comes up in these conversations is **Platelet-Rich Plasma (PRP) therapy**.

PRP uses your body's own healing tools. It begins with a small blood draw, similar to routine lab work. That blood is processed to concentrate platelets, cells that release growth factors involved in tissue repair. The PRP is then carefully placed into the area causing pain or limiting movement.

When PRP may help

PRP is most often used for common musculoskeletal concerns, including:

- Early arthritis in the knee, hip, or shoulder
- Tendon problems such as tennis elbow, or rotator cuff irritation
- Plantar fasciitis
- Ongoing pain related to overuse or repetitive strain

Why patients consider PRP

Many patients appreciate PRP because:

- It uses their own blood, no synthetic medication
- It's performed in the office
- It avoids repeated steroid use
- It can be considered before a surgical referral

Is PRP right for everyone?

PRP isn't a cure-all, and it isn't the right option for every condition. Results can vary based on the type of injury, overall health, and activity level. A thoughtful evaluation and an honest discussion about expectations are essential before deciding whether PRP makes sense.

Our Approach

The focus is on early, conservative care—helping patients stay active, reduce pain, and maintain quality of life. PRP offers another option when traditional treatments haven't provided enough relief and when personalized, measured care is the goal.

If you're curious whether PRP might be a good fit for you, a conversation during your visit can help determine next steps.

Call our office to make an appointment to discuss next steps.

Sometimes relief doesn't come from more medication or surgery, sometimes it comes from helping your body do what it was designed to do.

**#PRPTherapy #RegenerativeMedicine #JointPainRelief #NonSurgicalCare
#MusculoskeletalHealth**