

Cost

Platelet Rich Plasma.....\$800.00/1 Region
\$1300.00/2 Regions

*Regenerative procedures, including Platelet Rich Plasma (PRP), are considered elective, out of pocket procedures. **This treatment will be CASH PAY and cannot be submitted to your insurance company***

While PRP is not covered by insurances, check with your employer to see if HSA dollars can be applied towards covering the cost of the service.

As the standard practice, visits relating to an Office Visit or OMT will be billed based on the doctors time spent with your or regions treated and submitted to your insurance company.



**Live Well.
Be Well.**



Contact Us

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Platelet Rich Plasma (PRP)

It is important to clarify what PRP therapy is, the current understanding of its mechanism of action, and evidence for its effectiveness in treating common sports injuries.

Platelet-rich plasma, also referred to as platelet enriched plasma, or platelet rich concentrate, is a type of injection used in regenerative medicine to help heal damaged tissue by utilizing the body's own immune system. The concentrated platelets contain several types of growth factors which are immune cells used to repair damaged tissue. Once harvested from the body and processed, they are injected into a site of soft tissue, tendon, muscle, or joint injury. When the platelets are injected, they release the growth factors to start working locally. These growth factors have been shown in research to enhance one or more phases of bone and soft tissue healing. The immune system then is triggered by the presence of these cells and sends additional cells to help with the repair process.

It is believed that PRP can augment or stimulate healing by turning on the same biological process that normally occur to initiate healing after a musculoskeletal injury. This is an autologous (meaning, coming from your own body) process, so allergy and adverse reaction to a foreign substance is negligible. It is NOT a steroid injection, which inhibits the body's natural inflammatory and healing process.



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The PRP is the portion of your blood responsible for stimulating growth and healing. You can think of the process of healing a cut to understand how PRP works. First, platelets stick together in order for your body to form a clot and stop bleeding. Then the platelets send out special signals to tell your body to send stem cells to the area of damage. Lastly, the stem cells are told what to grow into by the platelets, and the body grows new blood vessels and new skin and heal the cut. That's essentially how PRP works to stimulate growth and healing of your chronic painful disorder as well; and it works!



Dr. Gruber separating platelets following centrifuge

What is the process?

PRP is obtained via a high volume blood draw. The average amount of blood drawn is 60- 120cc, which is comparable to 1/5 of the amount for blood donation, so it's a very safe amount to take.

The procedure is completed in the office by drawing a blood sample and putting it into the centrifuge to spin it down based on molecular weight. This process separates platelets from other blood cells and then concentrates them; the process is repeated a second time after the red blood cells are discarded. This gives a hyper-concentrated solution of exactly the platelets that we need.

The blood is then passed back through another filter which isolates the portion of your blood called the PRP.

The PRP is then placed in a syringe and is ready to be injected. Most injections are done under ultrasound guidance. This assures that the damaged area is treated accurately. It also limits the risk of complications by assuring that un-intended structures (such as blood vessels and nerves) are avoided.

With this process, multiple areas will be injected to stabilize the structure. The injections are typically painful - you will be sore for the following 3-4 days and will gradually heal from there. You will be rechecked at one (1) and three (3) months where Dr. Gruber will do OMT on you to optimize structural alignment and determine if you need to start physical therapy to strengthen surrounding muscles.

If the symptoms have improved but additional improvements are desired, the treatment may be repeated. Less than half of patients require repeat injection. Typically more severe and chronic diseases will require a greater number of treatments.

The normal healing process takes 6-8 weeks. Typically, you will experience increased pain for 3-5 days, then at about 2 weeks your pain will be better than it was before the procedure. The injected structures will have completed their healing process at around 8 weeks.

Some personal factors may inhibit response to treatment. These include age, smoking, poor nutrition, diabetes, congestive heart failure, autoimmune diseases, immuno-suppressed conditions, disorders of platelets, or bone marrow. However, even if you have one of these conditions, it does not exclude you from potentially benefiting from the procedure.

Please let Dr. Gruber know if you have any problems with your platelets, easy bruising, cancer, or an autoimmune condition.

The difference between PRP and Stem Cell is that the PRP calls the stem cells to do their job and the stem cell procedure places a higher number of stem cells directly into the structure. The stem cell procedure is more potent and can theoretically work better than PRP alone. Dr. Gruber can refer you to a local facility that does that if you choose.