



This script accompanies our video on what you need to know before choosing a provider to administer PRP therapy. To view our video, visit, <https://youtu.be/iXRvTXtvl4>

The most common regenerative procedure offered today is platelet rich plasma, which is also called PRP or a platelet injection. It's the most common probably because it's the most affordable which is important because this procedure is not covered by your health insurance. But I have reviewed records of patients who have had PRP procedures and have discovered a lot of variability in the quality of the PRP and the injection itself. In essence, not all PRP is created equal. So the purpose of today's video is to explain things you should look for and questions you should ask before you PIVOT to have it done.

Why the interest in platelets? Well, platelets play a critical role in several parts of the healing process such as clot formation to stop bleeding and antimicrobial activity to fight infections. But platelets also play a very important role in the healing of damaged tissues, inflammation and injury recovery which is why the use of PRP has accelerated in the past few years, particularly in the treatment of musculoskeletal pain. You see it mentioned in advertising locally on television, billboards, the radio, and also in the newspaper.

The general PRP process is to draw blood from your arm, centrifuge it in order to concentrate these wonderful platelets into a small volume, and then inject them in specific areas of your body that need healing.

So let's take a closer look at the keys to this treatment, and, to help you remember, I'm going to use the word PIVOT.

P

P stands for platelet number. How many of them are present. The normal platelet count in the human body is between about 150,000 and 400,000 per ml or cc of blood.

Most PRP systems report being able to concentrate the PRP from 2-8 times the normal concentration. So, if you have a baseline platelet concentration of 150,000 and the system concentrates them 4x, then the final concentration is 600,000/ml.

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Mt. Pleasant, SC 29464**



But since the platelet is what we are interested in, shouldn't we know how many are present in your blood and how well we are concentrating it? Well, surprisingly, very few practices performing PRP have purchased the expensive machine necessary to count them. It is estimated that less than 10% of practices do this.

If you're considering having a PRP injection, ask your doctor if they count your platelets.

I

I stands for Imaging

I've been doing spine injections for 20 years and I have reviewed some PRP records in which no guidance was used for injections into areas of the body that I would never consider doing blindly.

With very few exceptions, your PRP injection should be done under some type of guidance - either by x-ray or ultrasound.

Ask your doctor what kind of guidance is being used for your injection.

V

V is for volume

Is enough of your blood being used? Most PRP kits draw either 15 ml of blood, which is a tablespoon, or 60 ml of blood, which is 4 tablespoons

At InterveneMD, we routinely draw up to 120 ml of blood, which is about 2/3 cup, because more blood equals more platelets to heal you better and faster.

O

O is for outcomes

Is the practice tracking outcomes? There are national registries that allow us to collect data on these wonderful injections. Patients get contacted prior to the procedure to complete baseline information on pain and function. Then, after the procedure, the physician then enters where the injection was done and how many platelets were used. Next, patients get contacted after the procedure at 1,3,6,12, and 24 months to report how their pain and function has improved.

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Registries enable physicians to have the latest data on how their patients are doing, data that can help guide future treatments.

T

T is for training. Who is doing the injection and what is their training? Is it a physician - if so, what specialty?

You may be surprised to know that a physician may not be involved at all with your injection if it's being done by a physician assistant or chiropractor.

So, next time you're discussing PRP with your provider or next time you see an advertisement for PRP, think PIVOT.

Thanks for watching, we would be happy to discuss your specific issue with you in person.

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