

PLATELET-RICH PLASMA (PRP) THERAPY FOR JOINT PAIN

A Natural Approach to Pain Relief and Joint Preservation



WHAT IS PRP THERAPY?

Platelet-Rich Plasma (PRP) therapy is a regenerative treatment that uses your own blood to promote healing in damaged joints and soft tissues. By concentrating growth factors from your platelets, PRP targets inflammation and supports tissue repair.

It is particularly effective for treating knee osteoarthritis (OA), tendon injuries, and soft tissue damage without relying on steroids or surgery.

WHAT ARE PLATELETS AND GROWTH FACTORS?



Platelets are tiny blood cells that play a critical role in wound healing. When the body detects injury, platelets rush to the site and release a range of bioactive proteins called growth factors. These growth factors – such as platelet-derived growth factor (PDGF), transforming growth factor beta (TGF- β), and vascular endothelial growth factor (VEGF) – help initiate tissue repair by:



Stimulating cell growth and tissue regeneration



Enhancing collagen production and tissue remodelling



Reducing inflammation



Promoting new blood vessel formation (angiogenesis)

HOW PRP WORKS

(A Visual Guide)

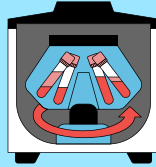
1

A small amount of your blood is drawn



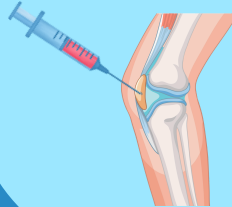
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Blood is placed in a centrifuge to isolate platelets



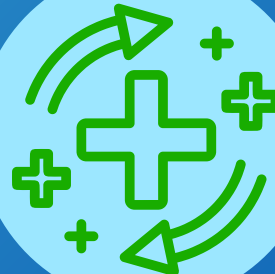
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The platelet-rich plasma is injected into the affected joint



4

Growth factors stimulate cartilage repair, reduce inflammation, and enhance joint function



The whole process takes only 30-40 minutes



WHEN DOES HEALING OCCUR?

Initial improvement may be noticed **within a few weeks**, particularly in inflammation and pain levels. However, the regenerative effects of PRP therapy typically become more noticeable between 4 to 12 weeks post-treatment. In clinical studies, **maximum benefits are often observed around the 3 to 6-month mark**, especially in joint function and mobility. Healing timelines may vary based on the condition treated and individual response.

CONDITIONS PRP CAN HELP WITH

PRP therapy has been studied for and shown benefits in the following musculoskeletal injuries and conditions:

- Knee osteoarthritis (mild to moderate)
- Shoulder osteoarthritis
- Hip osteoarthritis
 - **(At ADS Medical, we currently do not work on hips)**
- Tennis elbow (lateral epicondylitis)
- Golfer's elbow (medial epicondylitis)
- Rotator cuff tendinopathy and partial tears
- Patellar tendinopathy (jumper's knee)
- Achilles tendinopathy
- Plantar fasciitis
- Temporomandibular joint (TMJ) dysfunction and myofascial pain
- Sacroiliac joint dysfunction
- Chronic ligament sprains (e.g., ankle, MCL)
- Muscle strains and tears
- Post-surgical soft tissue recovery

STUDIES AND EVIDENCE BASED BENEFITS



SUMMARY OF CLINICAL STUDIES

Knee Osteoarthritis (Patel et al., 2013)

In a study involving 100 patients with knee OA, PRP injections led to a significant reduction in pain and stiffness. The WOMAC (Western Ontario and McMaster Universities Osteoarthritis Index) scores decreased from 81.06 to 63.52, while VAS (Visual Analogue Scale) pain scores dropped from 7.53 to 3.09.

The WOMAC Index measures pain, stiffness, and physical function in OA, with lower scores indicating improvement. VAS measures pain on a scale of 0 (no pain) to 10 (worst imaginable pain), and a drop in score reflects improved comfort and function.

Reference

Patel S, Dhillon MS, Aggarwal S, Marwaha N, Jain A. Treatment with platelet-rich plasma is more effective than placebo for knee osteoarthritis: a prospective, double-blind, randomized trial. *Am J Sports Med.* 2013;41:356–364. DOI: 10.1177/0363546512471299

PRP vs. Corticosteroids (Randomized Trial)

This trial found that while corticosteroids offer quicker relief at six weeks, PRP provided comparable or better outcomes by the three-month mark, with longer-lasting pain reduction and improved joint function.

Reference

Bains, S. S., Swartz, G. N., Katanbaf, R., Nace, J., Bennett, C., Mont, M. A., & Delanois, R. E. (2025). Platelet-Rich Plasma Injections Are Inferior to Corticosteroid Injections for Short-Term Pain Relief: A Prospective, Double-Blinded, Randomized Controlled Trial. *The Journal of Arthroplasty*, In Press, Corrected Proof. Patel S, Dhillon MS, Aggarwal S, Marwaha N, Jain A. Treatment with platelet-rich plasma is more effective than placebo for knee osteoarthritis: a prospective, double-blind, randomized trial. *Am J Sports Med.* 2013;41:356–364. DOI: 10.1177/0363546512471299

IS IT SAFE?



SAFETY PROFILE

PRP therapy is an **autologous treatment**, which means it uses the patient's own biological material – in this case, their own blood. This is important because it eliminates the risk of allergic reactions, immune responses, or disease transmission. Since the PRP is made entirely from the patient's own platelets, it is naturally compatible with the body and extremely safe when performed by trained professionals.

- Very mild short-time side effects: Potential localized pain, bruising, and minor swelling
- No systemic side effects or allergic reactions (autologous treatment)
- Extremely low risk of infection when performed in a sterile setting

TESTIMONIALS

"Years of knee pain from sports took me out of the game. PRP therapy changed everything...my pain eased, and I'm back to playing tennis daily without worrying about my knees. It's been life-changing."

— **Elizabeth A.**

"Tendonitis in my shoulder made it nearly impossible to lift my arm – I couldn't cook, clean, or even hold my kids. PRP therapy changed that. The pain is gone, my mobility is back, and life feels normal again. It truly gave me my quality of life back."

— **Maria H.**

READY TO TAKE THE NEXT STEP?

Call us today to speak with a
consultant to learn if PRP therapy is
right for you.



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