



HOLMAN HEALTH

Dr. Alice Holman
Holman Health
435-615-2020

PRF Therapy For Sports Injuries

PRF or Platelet Rich Fibrin consists of a fibrin matrix which incorporates platelets, immune factors and stem cells from the patient's own blood. These growth factors promote healing of tissue.

PRF was first used in France for use in oral and maxillary surgery to protect open wounds and accelerate healing. Now PRF is also used for all kinds of tissue healing including ligaments, skin and bone.

PRF therapy is derived from simple blood draw. It will be put in a centrifuge and spun at a certain RPM. That forces the blood components to separate. The resulting blood will have distinct components of Red Blood Cells (RBC), Normal Plasma (PPP) and Platelet Rich Fibrin (PRF). The PRF portion of the blood is then separated, and injected into the injured area.

Injection with PRF increases the amount of soft tissue generation, including the tendons, ligaments, as well as collagen and cartilage. PRF is highly effective in pain management and the patient can see dramatic results after just one treatment. Another benefit of PRF therapy is that it is taken from the patient's own body, so there's no tissue matching to be done and no risk of rejection.

The goal of PRF in pain management is to reduce or eliminate pain through healing. The platelets in PRF release growth factors that play a vital role in bone healing. Growth factors include Platelet-derived Growth Factor, Transforming Growth Factor- β , Vascular Endothelial Growth Factor as well as several others. Up to 7 types of growth factors as well as cytokines can be found in PRF.

Clinical trials prove the effectiveness of PRF treatments for almost all types of chronic healing. PRF injection is exceptionally effective in treating acute soft-tissue injuries or chronic tendinopathy like acute Achilles tendon repair, rotator cuff repair, acute ligament injury, muscle injury, and meniscal repair. PRF stimulates a healing cascade in the broken ligaments, tendons, and muscle cartilages, and in some cases, even bone regeneration. Of course, the best part is, PRF treatments require neither extended stays in hospitals nor a prolonged recovery stage.

Risks to PRF injections:

Anytime a needle is placed anywhere in the body, even getting blood drawn, there is a risk of bruising, infection, bleeding, and nerve damage. However, these are very rare. Because PRF uses your own blood, you cannot be allergic to it.