

Platelet-Rich Plasma Therapy

While it's common for athletes to experience muscle and bone injuries during the course of their activities, the average active person can also suffer injuries that can lead to [chronic pain](#), reduce function and disrupt their quality of life.

For those who want to avoid extreme treatments such as surgery, treat common tendon, ligament and muscle injuries or conditions; and treat conditions like hair loss, PRP therapy,¹ which harnesses the body's own healing properties, is worth considering.

What Is PRP Therapy?

PRP, short for platelet-rich plasma therapy, extracts the liquid part of the blood, known as plasma, and reduces it to just the platelets, a factor in blood that helps clotting and healing. That platelet-dense product is reinjected into the patient's affected body part, often with a pain-reducing medicine, to encourage healing.¹

What makes platelets so helpful in healing, researchers believe, is that they also contain proteins called growth factors, which have been shown to help bodies heal from injuries.¹

What conditions can PRP injections treat?

Research is still being conducted on the efficacy of PRP therapy, but some studies have shown that it can be used to treat several issues, including muscle and tendon injuries, chronic pain associated with fibromyalgia and back pain, and cosmetic treatments such as hair restoration.

- **[Orthopedic injuries](#)**: Probably the most common application of PRP therapy is for musculoskeletal conditions such as tendinitis ("tennis elbow," for example), arthritis and muscle strains.²
- **Chronic pain conditions**: Because PRP therapy is produced from the patient's own blood, it is often considered a good alternative in treating chronic pain conditions such as fibromyalgia and back pain. PRP therapy may be an alternative treatment to steroid injections that eventually wear off because the shots may reduce inflammation in the body.³
- **Cosmetic treatments**: PRP may also treat other non-pain-related conditions such as hair restoration. One review found that patients given PRP therapy saw increased hair growth, and the higher the number of platelets, the greater the impact on hair density, follicle diameter and more.⁴
- **Other conditions**: PRP may also be promising for other conditions unrelated to pain or musculoskeletal issues.