



THE BONE & JOINT CENTER

UPMC MAGEE-WOMENS HOSPITAL

A Hip and Knee Joint Center of Excellence



Biologic Anti-Inflammatory PRP Injections Now Available for Knee and Hip Arthritis and Hip Bursitis

Renaissance Orthopaedics is now offering an additional, non-operative treatment for the pain caused by knee and hip arthritis as well as hip bursitis using platelet-rich plasma (PRP) injections. This is a “biologic” and “natural” anti-inflammatory treatment that adds to our one stop shop approach to treating hip and knee disorders.

What is PRP?

“PRP” stands for platelet-rich plasma. Platelets are the components of your blood that are best known for blood clotting. Blood is made up of 55% plasma, 45% red blood cells, and about 1% white blood cells and platelets. Platelets also contain hundreds of proteins called growth factors, which are important in the healing of injuries and reducing inflammation. PRP is the separation of those platelets and plasma from the rest of the blood, which results in a high concentration of the platelets within the plasma, hence, “platelet rich plasma.”

How do the PRP injections work?

Remember that there is no treatment available that can replace cartilage that you may have already lost from the wear and tear of arthritis. The PRP injections treats the symptoms of your arthritis (pain and stiffness) since it is a potent anti-inflammatory. Additionally, PRP is considered a “natural” treatment since it is derived from your own blood. This also means that you can get PRP injections frequently and that there is no limit on the number of PRP injections that you can receive. PRP injections can be used in concert with other injections like the steroid and lubrication injections and may reduce the need for oral anti-inflammatory drugs.

Are you a candidate for the PRP Injections?

The indications for PRP injections are to treat inflammation cause by arthritis in the knee and hip as well as for recurrent bursitis of the hip. The entire process of drawing your blood, processing the blood and the injection itself will only take approximately 30-45 minutes. We can also perform multiple injections in one visit, for example, both knees or both hips. (Please note that for hip arthritis, Dr. Guthrie performs these injections under image-guidance in the Magee Radiology Department, which can be scheduled in advance as well.)

What are the costs for a PRP injection?

Our charge is only \$350 out of pocket for the PRP that includes the blood draw and processing, and our fee is much less than others typically charge. The office visit is typically covered by your insurance company although there can often be copays and/or deductible costs for the office visit.

**Call today (412-683-7272) to schedule the PRP injection or for an evaluation
to determine if you are a candidate for the PRP injection!**

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