

PLATELET RICH PLASMA (PRP) INJECTION TREATMENT FOR PLANTAR FASCIITIS



Overview

This non-surgical procedure is used to treat an irritation of the plantar fascia - a band of tissue that extends from the heel bone (calcaneus) to the ball of the foot - with an injection of the patient's own blood platelets. The concentrated platelets promote natural healing and reduction of inflammation.

Collecting the Platelets

The PRP process begins when a sample of blood is taken from the patient and placed into a centrifuge, where it is spun rapidly. The spinning process separates it into its components: plasma, platelets and white blood cells, and red blood cells. The red blood cells are drained away, and then the patient's concentrated platelets, along with a portion of the plasma, are drawn into a syringe.

Preparing the Foot

The foot is cleansed and sterilized. A local anesthetic may be applied to reduce pain at the injection site.

Administering the Injection

The needle with the platelet rich plasma is directed into the foot and then guided to the target area. The platelet rich plasma is injected into and around the damaged tissues. Additional injections to other injured structures of the ankle may be needed to ensure complete tissue healing and maximize joint stability.

The Body Reacts

The concentrated platelets release many growth factors that promote a natural immune response, mobilizing stem cells to the injured tissues. Macrophages – specialized white blood cells – rush in to remove damaged cells and prepare the tissue for healing.

The Healing Begins

Stem cells and other cells multiply, repair and rebuild the damaged tissue. This accelerated healing response reduces pain, promotes increased strength, and improves joint function.

Follow-Up

The entire PRP treatment process takes under an hour – the patient will be able to go home the same day. Full recovery from the injection usually occurs within two weeks of the procedure. Many patients require three to four treatments before the injured tissues are completely healed and they return to a normal active lifestyle.

SEPARATED BLOOD

