

Platelet Rich Plasma (PRP)

PRP Therapy Overview

WHAT IS PLATELET RICH PLASMA?

PRP is blood plasma enriched with concentrated platelets, containing reservoirs of bioactive proteins and growth factors. These components initiate and accelerate tissue repair and regeneration, including connective tissue healing, bone and tendon repair, ligament regeneration, and new blood vessel formation.

HOW DOES A PRP INJECTION WORK?

A healthcare professional draws a small blood sample, which is processed in a centrifuge to extract PRP. The process takes less than 15 minutes and increases the concentration of platelets and growth factors by up to 500%. Once injected into the damaged area, PRP triggers a healing cascade. This includes collagen development, which strengthens and tightens tendons and ligaments, aiding in the recovery of injuries such as knee sprains, hamstring tears, tendon injuries, and other musculoskeletal conditions.

WHAT CAN BE TREATED WITH PRP INJECTIONS?

PRP therapy can address a range of injuries and conditions, including but not limited to:

Acute sports injuries	Rotator cuff tears
Tennis or golfer's elbow	Jumper's knee
Arthritic joints	Lumbar disk tears
Achilles tendonitis	Plantar fasciitis

ARE PRP INJECTIONS RIGHT FOR ME?

PRP injections are a potential solution for patients with tendon or ligament injuries that have not responded to traditional treatments. This minimally invasive procedure promotes natural tissue healing with minimal scarring and helps prevent further tissue degeneration. An initial evaluation with a physician is required to determine eligibility.

WHAT ARE THE POTENTIAL BENEFITS OF PRP INJECTIONS?

Patients often experience significant symptom improvement, which can restore normal function and potentially eliminate the need for surgery or long-term medication.

WHAT DOES TREATMENT INVOLVE?

There is no limit to the number of treatments, and the risks and side effects remain consistent regardless of the number of injections. Most patients require 1–2 injections, spaced 8 weeks apart, combined with physiotherapy for best results. Recovery time varies, as PRP stimulates natural tissue repair.

HOW SOON CAN I GO BACK TO REGULAR PHYSICAL ACTIVITIES?

PRP therapy is not a quick fix, as it stimulates the natural growth and repair of tendons and ligaments. The recovery timeline depends on the severity of the condition and adherence to rehabilitation, which will be determined in consultation with your physician.

COST OF TREATMENT

Each PRP session is provided on a fee-for-service basis and is not covered by Alberta Health Care. Pricing is determined by the amount of PRP required for the procedure:

Large Kit Clear \$545	Large Kit Standard \$500	Intradiscal 60ml \$900
Small Kit Clear \$445	Small Kit Standard \$425	Intradiscal 30ml \$800

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Prolotherapy

Proliferation Therapy

WHAT IS PROLOTHERAPY

Prolotherapy, also known as Proliferation Therapy, is a regenerative medicine treatment aimed at healing chronic musculoskeletal conditions, especially those affecting ligaments and tendons.

During the procedure, a medical irritant (*concentrated dextrose solution*) is injected into the affected area. This triggers the body to react as if a new injury has occurred, stimulating the natural healing process. Prolotherapy has the potential to repair damaged tissues and promote long-term recovery.

TREATMENT PLANS

Prolotherapy typically involves a series of three injections, spaced 6-8 weeks apart. Each injection contains a dextrose solution designed to encourage tissue healing.

This treatment requires a strong commitment from the patient, as it's important to attend all scheduled appointments in the series. All three injections should be booked in advance, as rescheduling may reduce the effectiveness of the treatment and slow the healing process.

Consistency is key to achieving optimal results.



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TYPES OF INJURIES OR CONDITIONS TREATED

Lateral Epicondylitis (tennis elbow)

Plantar Fasciitis

Ligament Injuries

Medial Epicondylitis (golfer's elbow)

Tendinosis

Looking for more information?

Reach out to our team if you would like to learn more about CDC Prolotherapy treatment plans.

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