



My Knee Doc
SPECIALIST KNEE SURGEON

Guide to PRP Injections

BY GARETH STABLES FRCS (ED) T&O



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About The Author Gareth Stables

My name is Gareth Stables and I am the consultant orthopedic surgeon at the Cheshire & Merseyside NHS Treatment Centre.



I trained at the University of Liverpool and completed my specialist Orthopedic training in Cheshire and Merseyside, before undertaking a specialist fellowship training in knee and hip surgery at the internationally renowned specialist orthopaedic centre at Wrightington Hospital.

I completed a further fellowship in specialist knee surgery at the Leeds University Teaching Hospital, the largest teaching hospital, in Europe!

My sub-specialty interests are in sports knee injuries, knee re-alignment surgery, and knee replacement surgery.

What is PRP?

Platelet rich plasma or PRP is an innovative treatment in sports and orthopaedic medicine that uses your own blood for healing muscle, tendon and ligament injuries.

A small amount of your blood is spun in a centrifuge and the platelets are separated from the rest of the blood. The concentrated platelets are then removed from the spun blood and can then be used to inject into the areas that are inflamed.

The PRP is rich in anti-inflammatory cells and has been safely used for many years in treating areas of inflammation. This plasma contains a high concentration of your own body's growth factors which are injected into your injured tissue and initiates your body's natural healing response

Is it suitable for me?

PRP can be used to treat conditions of the knee which arise as a result of inflammation in the knee or as an additive to help tissue to heal e.g. after surgery.

Typical inflammatory conditions that may be treated include early osteoarthritis, runners knee and swelling following recent injury.

It has also shown to be effective as an adjunct to surgery in aiding tissue to heal such as meniscal repairs and ACL reconstructions.

What does the procedure involve?

The procedure typically takes 20 minutes to perform. A sample of blood is taken from a vein in the arm, just like having a blood test.

This is then processed in a special centrifuge which spins the blood at high speeds. Once this has been spun, the PRP is separated from the rest of the sample.

Your knee will be prepared and under aseptic conditions, your surgeon will inject the PRP into your knee. Once inside your knee, the solution will spread to all parts of your knee to and start having an effect on the area of concern.

While PRP can be injected as a single injection, it is recommended to complete a course of 3 to get the full benefits from it.

What happens next?

Following your knee injection you can usually carry on with your normal day-to-day activities. We do advise avoiding strenuous activities for 2-3 days afterwards. Following this you should be able to return to normal life and carry on with any physiotherapy or exercise program. You should expect to see some results in 1 - 2 weeks although the full benefits may take longer.

How can I book an appointment?

I have a choice of clinic locations for your convenience, and you can choose from morning, afternoon or evening appointments.

The Wilmslow Hospital
52 Alderley Road
Wilmslow
SK9 1NY

Spire Cheshire Hospital
Fir Tree Close
Stretton
WA4 4LU

Simply call or email to arrange an appointment to see me



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