

Platelet-Rich Plasma Therapy for Healing



Adult and Pediatric Sports Medicine

Platelet-rich plasma (PRP) is an exciting therapy that uses a patient's own blood to stimulate a healing response within damaged tissue or damaged tissue and joints. This form of therapy combines cutting-edge technology with the body's natural ability to heal itself.

- 1 A small sample of a patient's blood is spun in a centrifuge for 15 minutes.
- 2 Concentrated platelets and white blood cells in what's called a "buffy coat" are extracted from the blood and delivered to the injured area. Growth factors in the platelets recruit and produce cells necessary for healing.
- 3 A musculoskeletal ultrasound machine is used to enable the physician to achieve exact placement and needle barbotage of the tendon/muscle. This type of precise administration will give the patient optimal results.

Conditions treated with PRP:

- Arthritis (knee, ankle, and hip)
- Achilles tendon/ankle sprains
- Bicep tendonitis
- Knee sprain – MCL and meniscus
- Quad/patellar tendonitis
- SI joint pain/hip bursitis
- Partial muscle tears (such as calf or hamstring)
- Golfer's elbow/ulnar collateral ligament
- Tennis elbow
- Plantar fasciitis
- Rotator cuff/shoulder partial tear/bursitis
- Relief and functional improvement for arthritis

Kevin Elder, MD, FAAFP

Board certified: Sports medicine and family medicine
Sports Medicine Fellowship:
Bayfront Medical Center

Dr. Kevin Elder's training in sports medicine encompasses the care of adult and youth athletes, as well as the treatment of common overuse injuries, fracture casting and management, joint injections and the treatment of many nonoperative orthopedic sports medicine problems. His experience includes providing medical coverage to individuals and team physician responsibilities for professional football, boxing, volleyball, soccer, baseball and hockey teams, including five years as the main team physician for the Tampa Bay Buccaneers.

Dr. Elder currently serves as a team physician for U.S. Soccer and the U.S. Ski and Snowboard Association.

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