

Platelet-Rich Plasma (PRP) Injections

Patient information for selected tendon or joint conditions

Platelet-rich plasma, or PRP, uses a sample of your own blood that is processed to concentrate platelets before injection into a selected area.

PRP is not suitable for every condition. Evidence and expected benefit vary, so it should be discussed cautiously after assessment and review of alternatives.

This information is general only and does not replace personalised medical advice. Your assessment, treatment options and recovery plan may differ. OrthoDocs is not an urgent or emergency service. For medical emergencies, call 111.

What assessment may cover

- The likely diagnosis and whether symptoms fit a condition where PRP may be considered.
- Previous treatment such as activity modification, physiotherapy, medication or injections.
- Imaging findings and whether further investigation is needed.
- Risks, costs, alternatives and the uncertainty around expected response.

If PRP is discussed

- A blood sample is taken and processed before the injection is given.
- Some people experience short-term discomfort after injection.
- Activity advice after injection depends on the area treated and the clinical plan.
- PRP does not provide predictable benefit for every patient or condition.

Useful information to bring

- Current imaging reports and details of previous treatment.
- A current medication list, especially blood-thinning medication or anti-inflammatory use.
- ACC claim details or insurer information if funding may apply.
- Questions about evidence, alternatives, cost and recovery advice.

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