

## PRF Injection Application Sites

- Arthritis (shoulder, elbow, hip, knee, ankle)
- ACL/meniscus tear
- AC/GH joint arthritis
- Foot pain
- Hand pain
- Heel spurs
- Hip degeneration
- Knee injuries
- Low back pain
- Neck pain
- Plantar Fasciitis
- Rotator cuff tear
- Sacroiliac sprain
- Shoulder pain
- Tennis elbow
- Tendon/ligament injury
- TMI dysfunction
- Whiplash injury
- Wrist pain

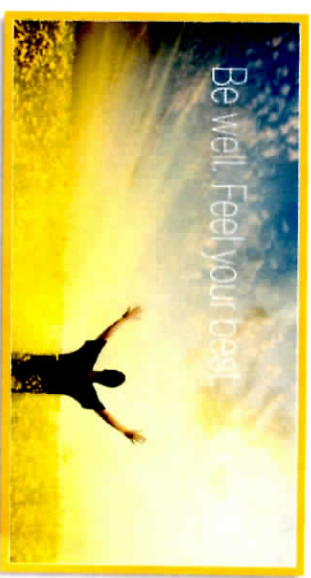
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*Midwest Joint Pain Institute*

## Regenerative Injection Therapy



Platelet Rich Fibrin (PRF)

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## What is PRF (Platelet Rich Fibrin)?

**PRF (Platelet Rich Fibrin)** is considered as the newer generation of PRP (or platelet rich plasma). It is one of the advanced regenerative modality nowadays by creating a much effective three-dimensional tissue matrix or engineering scaffold to help wound and soft tissue healing as well as stimulate joint cartilage regeneration.

Medical research studies showed within these scaffold constructs, not only more platelet-derived growth factors were found, but many other key nutrients and proteins were embedded in the PRF network, such as blood-extracted mesenchymal stem cells, leukocytes, VEGF (vascular endothelial growth factors, MMP (matrix metalloproteinase)-1, and -8, etc. The new PRF-based matrices are known to play an important role in the process of wound healing and new tissue formations.

PRF is derived from patient's own peripheral blood with single step, low speed centrifugation system without adding anticoagulants. The PRF system was developed to fulfill the clinical needs by time-saving, cost-effectiveness and easier usage. The PRF injection is a very simple in-office procedure. It carries relatively very low risks and complications compared to other traditional treatments like taking medications or having surgeries for joint pain.

## What can be treated?

PRF injections can be performed in weakened or injured joints, tendons and ligaments all over the body. Sports injuries, arthritic joints, and more specific injuries including tennis elbow, ACL tears, shin splints, rotator cuff tears, plantar fasciitis and iliotibial band syndrome may all be effectively treated with PRF.

## How many treatments are necessary & how often is this therapy administered?

While responses to treatment vary, most people will require 1-3 treatments. Each set of treatments is spaced approximately 2-3 months as needed. There is no limit to the number of treatments you can have, the risks and side effects do not change with the number of injections.

## What are the potential benefits?

Patients can see a significant improvement in symptoms. This may eliminate the need for more aggressive treatments such as long term medication or surgery as well as remarkable return of function. Compare to traditional PRP, it is relatively painless, fast-healing, shorter recovery time, less blood drawn.

## Are there any special instructions?

It is recommended for patient to eat light meals, drink plenty of water and exercise 1-2 hours before the procedure.

You are restricted from the use of non-steroid anti-inflammatory medications (NSAIDs) one week prior to the procedure and throughout the course of treatments.

Initially the procedure may cause some localized soreness and discomfort. Most patients only require some extra-strength Tylenol to help with the pain. Heat may be applied to the area as needed. Most patients can resume their normal daily activities after 1<sup>st</sup> week.

## Does insurance pay for PRF?

So far, most insurance companies still consider PRF as experimental and do not cover the procedure except workers compensation per pre-auth basis. Cost is approximately \$350-\$850 per body area per treatment.



## References:

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