

# Is PRP Right for Your Knee?

Your Expert Guide to Platelet-Rich Plasma Therapy for Knee Pain

**Dr. Robert L. Burke, M.D.**

Orthopedic Surgeon – Specializing in Sports & Regenerative Medicine



**Dr. Burke Orthopedics**

12811 Beamer Rd, Houston, TX 77089



**Call: (713) 436-3488**



**Visit: [www.drburkeortho.com](http://www.drburkeortho.com)**



## 1. What Is PRP and How Does It Work?

PRP stands for **Platelet-Rich Plasma**, a regenerative therapy created using your own blood. It works by concentrating platelets — tiny cells rich in natural growth factors — and injecting them into injured or arthritic tissue, stimulating repair and reducing inflammation.

**Here's how it works:**

- A small sample of your blood is drawn in the office
- It's placed in a centrifuge to isolate the platelets
- These platelets are then injected into your knee joint

Because PRP is made from your own blood, it's a **natural, biologically active treatment** with minimal side effects.

### Benefits of PRP:

- Stimulates healing
- Reduces pain and inflammation
- May delay or prevent surgery

## 2. PRP vs. Cortisone vs. Hyaluronic Acid (HA): What's the Difference?

If you've received cortisone or HA (hyaluronic acid) injections before, you're probably wondering how PRP compares.

Treatment	Mechanism	Duration of Relief	Anti-inflammatory?	Regenerative?
Cortisone	Synthetic steroid	Short-term (weeks–months)	Yes	No
HA (Gel)	Lubricates the joint	Moderate (3–6 months)	Not directly	No
PRP	Your own healing cells	Long-term (6–12+ months)	Yes (biological)	Yes

PRP isn't a quick fix — it's designed to promote **long-term improvement** by working with your body's natural processes.

## 3. What the Research Shows (and What It Doesn't)

PRP has been studied in **dozens of clinical trials**, especially for knee osteoarthritis. Here's what we know:

### ☒ What studies show:

- PRP reduces pain and improves joint function
- Works best for mild to moderate arthritis
- Offers longer relief than cortisone in many cases
- Is safe with low risk of side effects

### ✕ What studies don't prove yet:

- Whether PRP can regrow cartilage (evidence is still limited)
- Which patients will respond best 100% of the time
- Exact number of injections needed per case

At Dr. Burke Orthopedics, we **combine research with real-world patient outcomes** to guide treatment decisions.



## 4. What to Expect After a PRP Injection

**PRP is not a “quick fix” — it takes time to work.**

Most patients experience mild swelling or discomfort in the first few days as the body ramps up healing.

### **What's normal:**

- Soreness for 1–3 days
- Gradual improvement over 2–6 weeks
- Peak benefit between 8–12 weeks

### **You may be advised to:**

- Avoid high-impact activity for 1–2 weeks
- Use ice for swelling if needed
- Take Tylenol (avoid NSAIDs like Advil)

Most patients only need **1–3 treatments** to see significant benefits.

## 5. Who PRP May Help (And Who It May Not)

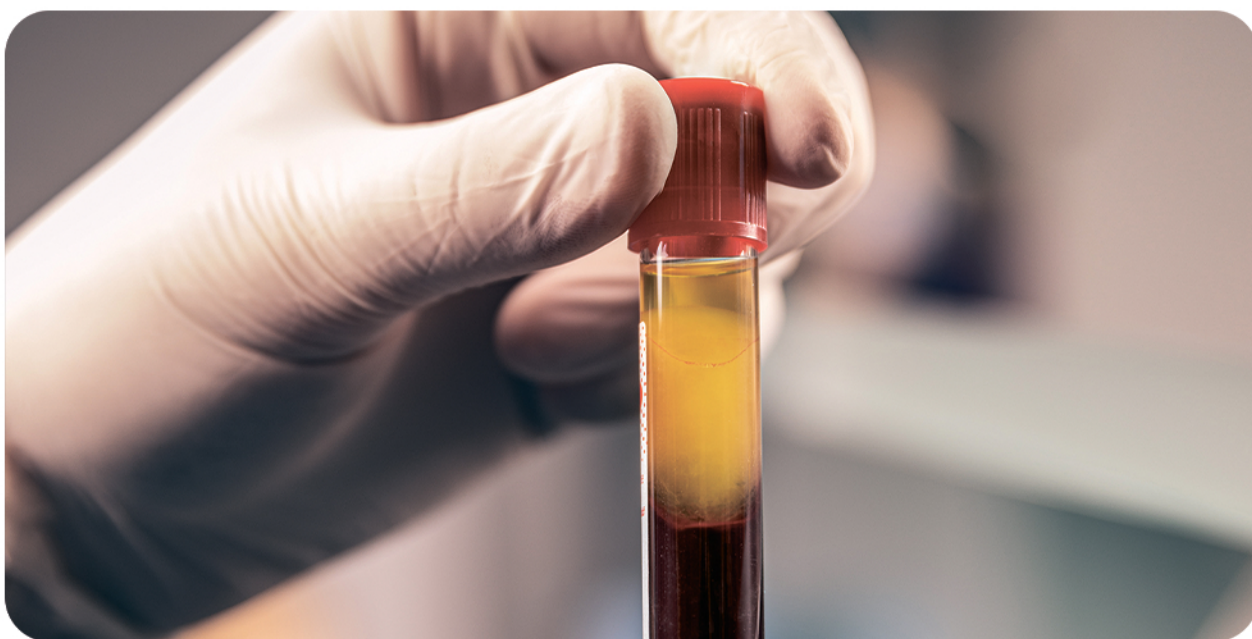
PRP isn't for everyone — but it may be right for you if:

- ☒ You have mild to moderate knee arthritis
- ☒ You want to avoid or delay surgery
- ☒ You've had limited success with cortisone or HA
- ☒ You're active and want to preserve your joint

PRP may **not be** the best option if:

- You have severe, bone-on-bone arthritis
- Your BMI is significantly elevated
- You're looking for immediate relief only

That's why an evaluation with Dr. Burke is critical — we'll make sure PRP is truly appropriate before recommending it.



## 6. Frequently Asked Questions (FAQs)

01

### Does insurance cover PRP?

Most insurance plans consider PRP “experimental” and do not cover it. However, many patients find the out-of-pocket cost worthwhile compared to surgery or ongoing medications.

02

### How many PRP injections will I need?

Many patients get relief from just **one injection**, though some benefit from a series of two or three spaced several weeks apart.

### 03 Will PRP cure my arthritis?

PRP won't regrow cartilage, but it can **slow degeneration**, reduce pain, and improve function — especially when used early.

### 04 Can I avoid knee surgery with PRP?

Many patients are able to delay or even avoid surgery by managing symptoms with regenerative options like PRP.

## 7. Ready to Find Out If PRP Is Right for You?

If you're struggling with knee pain and looking for **natural, non-surgical options**, PRP may be a powerful solution.

 **Schedule Your Evaluation Today:**

**Dr. Robert L. Burke, M.D.**



**Dr. Burke Orthopedics**

12811 Beamer Rd, Houston, TX 77089



**Call: (713) 436-3488**



**Visit: [www.drburkeortho.com](http://www.drburkeortho.com)**

We'll evaluate your condition, explain your treatment options, and determine if PRP is a good fit — with **no pressure and no obligation**.

### Bonus: Save This Guide

- ☒ Keep this guide for future reference
- ☒ Share it with a loved one experiencing joint pain
- ☒ Visit [drburkeortho.com/prp-guide](http://drburkeortho.com/prp-guide) to download again