

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



10223 Broadway St #A,
Pearland, TX 77584, USA

12835 Gulf Fwy, Houston,
TX 77034, USA



Call: (713) 436-3488



Visit: 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)

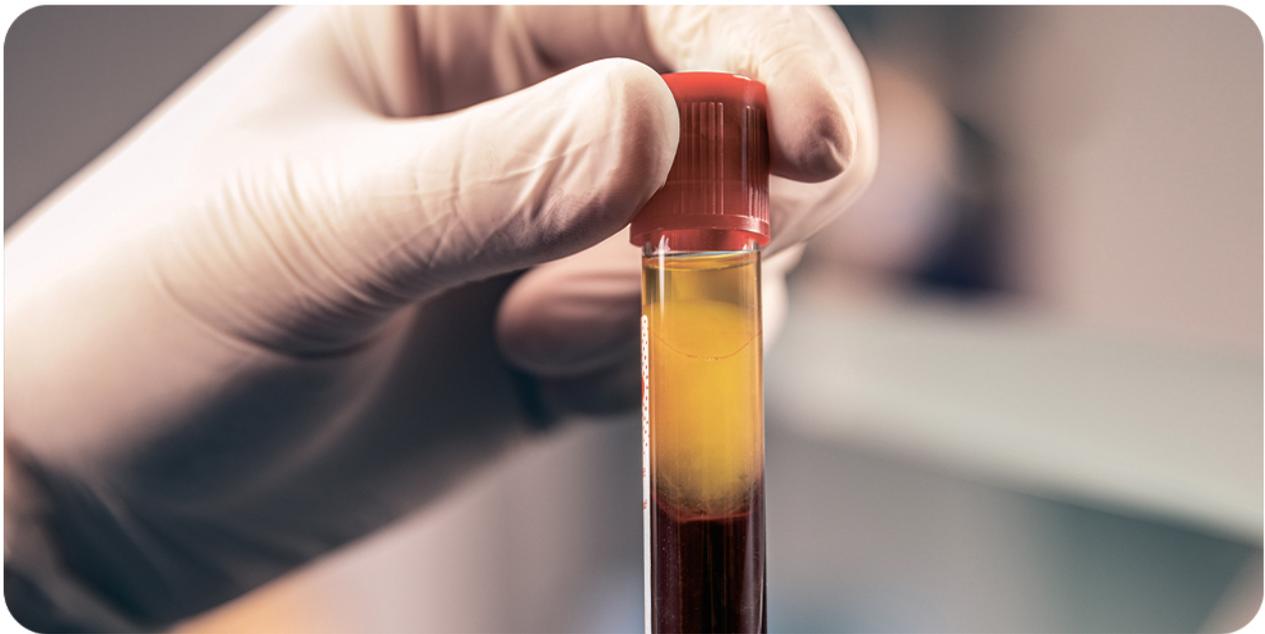
PRP isn't for everyone — but it may be right for you if:

- ✓ 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



10223 Broadway St #A,
Pearland, TX 77584, USA

12835 Gulf Fwy, Houston,
TX 77034, USA



Call: (713) 436-3488



Visit: 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 to download again