



# PERFORMING ARTS

SPECIAL INTEREST GROUP



**ORTHOPAEDIC SECTION**

AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association  
*The Science of Healing. The Art of Caring.*

## Platelet-rich Plasma Therapy – CITATION SUMMARY

**MARCH, 2009**

I recently met a dancer who strained his adductor muscle while performing in Vail. He was seen at the Steadman-Hawkins Clinic and received platelet-rich plasma therapy (PRP). This subject seems topical with press attention about professional athletes receiving this treatment (NY Times, February 17, 2009, p1). One orthopaedic researcher, G. van Osch, calls it a “growth factor cocktail”. Double blind studies are currently being conducted on Achilles tendon injuries, rotator cuff strains, partial knee ligament tears, and bone fractures. A patient’s autologous plasma is centrifuged to deliver a high concentration of platelets within one to three injections. Use of anti-inflammatory medications is contraindicated following PCP treatment. Light exercise is permitted following an injection.

While the premise of using autologous bloods suggests it is a safe procedure, efficacy outcomes are necessary. Furthermore, for sports, PCP may violate anti-doping regulations that prohibit growth factor IGF-1. While ‘doping’ is not as much of an issue for performing artists, this treatment warrants monitoring. I know performing artists will be asking about it.

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