Are you suffering from chronic tendonitis?
We can help.

If you have been struggling with chronic tendonitis in your elbow, shoulder, foot or other areas, Impact Orthopaedics may have a cure!

Here at Impact Orthopaedics we pride ourselves in getting you back into action and allowing you to return to regular activities, including sports and hobbies you enjoy. There is now an even better way for us to do that.

What is tendonitis?

Tendonitis is caused by chronic inflammation where the tendon attaches to the bone (muscles turn into tendons and tendons attach muscle to bone). This area becomes weakened and broken down over time, often from repetitive activity or injury.

How can Impact Orthopaedics cure my tendonitis?

We are now able to use your own blood to help stop the inflammation and actually heal your tendon. By taking a small sample of your blood and spinning it down in a centrifuge we are able to isolate Platelet Rich Plasma (PRP) which can then be injected directly into the inflamed tendon.

Your PRP will contain valuable bioactive proteins, including growth factors that are necessary to initiate and accelerate tissue repair and regeneration.

Am I a good candidate for PRP injections?

PRP injections are often used after conservative treatments such as rest, ice, activity modifications, anti-inflammatories, physical therapy and/or cortisone injections have failed. Some patients will receive great benefit from conservative treatment and would therefore not be appropriate candidates for PRP injections. However, if your tendonitis has not responded to these treatments or has returned multiple times over the years, you may be a candidate for PRP. ***A PRP injection is a non-surgical therapy that can actually heal the tendon and provide long-term relief.***

Are there any risks with this procedure?

Because the PRP is made from your own blood there is no chance of rejection from the body, it's just accelerating healing naturally. Of course with any injection there is a very small risk of infection and you may experience some bruising at the injection site.

How many injections will I need?

While the total number of injections needed will vary for each individual, typically you will receive 2-3 injections each spaced 3-4 weeks apart. To find out more about what to do before and after your injections, click here.

What about acute ligament injuries?

PRP injections can also be used to help heal and regenerate significant ligament injuries. You and Dr. Jones will discuss your injury to see if PRP is right for you.