



Reclaim Your Mobility Using Platelet Rich Plasma Injections for Joint Pain Relief

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Do you suffer from chronic joint pain? Does an old orthopedic injury still cause nagging discomfort? You've probably tried traditional treatments like rest, ice, and anti-inflammatory medications in the past, only to be met with short-lived relief. However, there are treatments available like platelet-rich plasma (PRP) injections that can help enhance the body's ability to heal and rebuild itself, potentially resulting in long-lasting pain relief.

What is PRP?

Platelet-rich plasma (PRP) treatment is a type of regenerative therapy that helps boost the healing process using your own concentrated growth factors to stimulate tissue repair.

PRP is prepared by drawing a blood sample and isolating the portion of the blood highest in growth factors. The

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the [Catawba Valley Physical Medicine and Rehabilitation Clinic](#). “You’re in and out in about 60 minutes and no hospital stay is involved.”

What’s the recovery time?

“Because the PRP injection triggers an inflammatory healing process, you could experience some soreness afterward,” explains Dr. Urzen. “For a few days after the procedure, it may feel like you’ve re-injured the area or pulled a muscle, and symptoms may return to baseline for a couple of weeks before you start to see improvements; this process usually takes 4-6 weeks.”

Who would benefit from PRP therapy?

“This might be an option for anyone with long-term chronic muscle, tendon, joint, and ligament-related injuries who are looking for non-surgical treatment options and who have not responded to conservative treatment,” says Dr. Urzen. “They must also meet certain criteria when evaluated under ultrasound, all of which is done in our office during your initial evaluation.”

Some common conditions treated with PRP include the following:

- Acute and chronic tendon injuries such as jumper’s knee, rotator cuff insufficiency, and tennis or golfer’s elbow
- Acute and chronic ligament injuries such as ankle sprains, partial MCL/LCL tears in the knee, and ulnar collateral ligament laxity in the elbow.
- Knee, hip, shoulder, elbow, hand, and foot arthritis

Is a doctor’s referral required to make an appointment?

“A doctor’s referral is not required,” said Dr. Urzen. “Just call our office and we can discuss next steps and answer questions you may have.”

At [Catawba Valley Physical Medicine and Rehabilitation](#) (CVPM&R), Dr. Urzen provides specialized care using minimally invasive procedures that focus on repairing injuries and optimizing patient function. You can call CVPM&R at 828.732.7249 or visit us [online](#) to schedule a new patient appointment.

**Regenerative therapies are not currently covered by insurance. Please call Catawba Valley Physical Medicine and Rehab for pricing and additional information.*

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