JOINT CARE / PATIENT HANDOUT

Stay in motion: PRP therapy at Creek Stone

Joint pain shouldn't decide how you age. Platelet-rich plasma (PRP) therapy uses a concentrated sample of your own blood's platelets to support your body's natural healing response in painful joints — and at Creek Stone, it's part of an integrated plan designed to keep you moving, active, and strong for the long run.

What the research shows

Across 18 clinical studies (1,326 patients), PRP improved knee pain and function scores more than hyaluronic acid (gel) injections at 6 and 12 months, with a similar safety profile.

(Frontiers in Surgery, 2026)

A 2026 review of 18 randomized trials found PRP reduced pain and improved function in mildto-moderate knee osteoarthritis.

(Retos, 2026)

In 32 clinical trials (1,268 PRP-treated knees), no severe adverse events were reported; the most common effect was mild, temporary soreness or swelling.

(PM&R, 2026)

The Creek Stone difference

PRP is never a standalone shot here. Your treatment sits inside integrated care — medical treatment, chiropractic, and rehabilitation under one roof — so the joint is supported and strengthened as it heals.

Is it right for you?

The evidence is strongest for mild-to-moderate knee osteoarthritis and certain joint and tendon conditions. An exam and an honest conversation come first.

Call (806) 355-3000

3501 SW 45th Ave, Suite T, Amarillo, TX 79109. New patients typically seen the same week.

YOUR VISIT

What to expect

1

Consult & exam

We confirm PRP makes sense for your condition. If it doesn't, we'll tell you what does.

2

Your sessions

A small blood draw, centrifuge concentration, and injection into the area of concern. Brief discomfort, similar to a routine blood draw. Our typical protocol is 3 sessions over 3 months.

3

Gradual improvement

PRP works over weeks, not days. That's normal — and research suggests the benefits may last well beyond a year in selected patients.

4

The full plan

Chiropractic care, rehab exercises, and supporting therapies alongside your injections, with progress measured along the way.

Safety snapshot:

No severe adverse events across 32 clinical trials; mild temporary soreness or swelling in about 1 in 10 cases, typically resolving on its own. Your provider reviews all risks with you first. *(PM&R, 2026)*

Good to know:

You'll know the cost before your visit. Coverage varies by plan — we'll verify your benefits.

RESEARCH CITED

Frontiers in Surgery (2026) | Retos (2026) | PM&R (2026)

This handout is for education, not medical advice. Talk to your Creek Stone provider about your specific condition.