

ORTHOBIOLOGICS

Orthobiologics for the *Elbow*

Regenerative options for stubborn tennis elbow and other elbow tendon problems, one of the better-studied uses of PRP.

CONDITIONS WE CONSIDER BIOLOGICS FOR

- Lateral epicondylitis (tennis elbow)
- Medial epicondylitis (golfer's elbow)
- Other chronic elbow tendinopathies

WHICH BIOLOGIC, AND WHY

PRP, often leukocyte-rich, is our usual choice for stubborn tennis elbow and related tendon problems that haven't responded to rest, therapy, and other measures.

The honest headline. The elbow has one of the longest track records in the field. It has been about two decades since Dr. Allan Mishra's landmark 2006 study on PRP for chronic tennis elbow, work that helped launch modern orthobiologics.

A STRAIGHT READ ON THE EVIDENCE

Tennis elbow is one of the best-studied uses of PRP, with one of the longest track records in all of orthobiologics. It has been about 20 years since Dr. Allan Mishra's landmark 2006 study on PRP for chronic tennis elbow helped launch the modern field. There's reasonable evidence PRP can help stubborn cases that haven't settled with conservative care, and it's a thoughtful option to consider before surgery. As always, we'll give you an honest read on whether it's likely to help you.

WHO THIS IS, AND ISN'T, FOR

Often a reasonable option

- Mild-to-moderate arthritis or a chronic tendon problem still painful after therapy and simple measures
- Wanting to calm pain and possibly delay surgery, with realistic expectations
- Even more advanced arthritis, when the goal is to delay surgery, understanding the odds of success are lower
- Generally healthy enough to heal well, and able to pause anti-inflammatories around the injection

Probably not the answer

- An active infection, or certain blood or bone-marrow conditions
- Expecting a guaranteed cure or an overnight result
- Unable to follow the pre- and post-injection plan, such as holding NSAIDs and resting

Ready when you are. We'll evaluate your elbow and give you a straight recommendation, whatever it is. Learn more at wichmanortho.com.

This guide is for general education and is not medical advice. Orthobiologic treatments are not FDA-approved to cure or reverse any condition; results vary from person to person and they are not right for everyone. Whether a treatment is appropriate for you is a decision made with your physician after an evaluation. © 2026 Wisconsin Center for Orthopedics and Wellness, S.C. (Wichman Orthopedics and Wellness).