

Dr. Erik Bruce



Dr. Bruce completed his undergraduate and medical degree at Tulane University in New Orleans, Louisiana. Dr. Bruce completed his orthopaedic residency at Tulane University as well. He then completed a fellowship in sports medicine with Dr. Michael Brunet.

Dr. Bruce is board certified by the American Board of Orthopaedic Surgery. He is a member of the American Academy of Orthopaedic Surgeons, American Orthopaedic Society for Sports Medicine, Texas Medical Association, Texas Orthopaedic Association and the Williamson County Medical Society.

His practice specializes in sports medicine, arthroscopic surgery of the knee and shoulder, as well as knee reconstruction.

Dr. Bruce is married to Jinnie Bruce, M.D., a general surgeon, fellowship trained in bariatrics surgery and currently working with Seton Surgical Group.

In his spare time, Dr. Bruce enjoys hunting, fishing, cooking and woodworking.

Locations



UNIVERSITY
ORTHOPAEDIC AND
SPORTS MEDICINE CLINIC

Address

**301 Seton Parkway,
Suite 402
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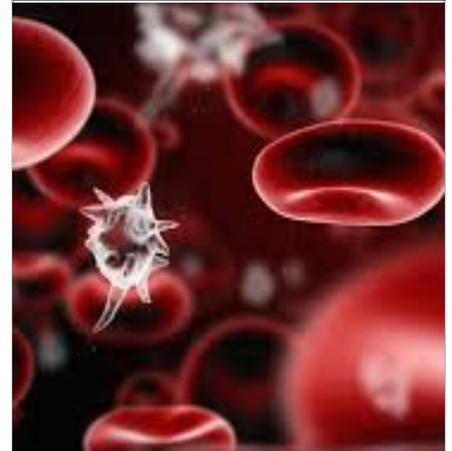
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What is PRP?



Platelet Rich Plasma (PRP)



A Natural Guide to
Healing



Q&A

Platelet Rich Plasma Treatment

Healing after an injury involves a series of events and communication between cells where proteins in the blood act as messengers to regulate the complex process. Dr. Bruce currently offers PRP as a way to increase and expedite the natural healing process.

What is Platelet Rich Plasma?

Platelet Rich Plasma is an innovative therapy to accelerate healing. It harnesses the body's natural ability to heal itself by utilizing growth factor proteins that are produced by platelets. These proteins are found at any place in your body where healing is occurring, and are vital in directing your own body's regenerative process. By concentrating platelets into an injection, we can activate and increase your body's natural healing ability in a specific treatment site.

How do you make my PRP?

Using a small needle, 15 ml of blood is drawn into a specialized syringe. The blood then goes through a rapid spinning process that separates and concentrates the platelets and other beneficial growth factors from the blood. The entire ACP production process is usually done in less than 20 minutes.



Are there any risks?

PRP injections are safe procedures when conducted by a trained professional. Complications are rare but can include:

-Bleeding, particularly in patients with low platelet count or clotting disorder.

How long is the recovery time?

Majority of patients are able to return to usual activities within 1-2 days but some mild pain may be felt for up to 1 week.

Is Platelet Rich Plasma injection covered by insurance?

Though PRP have been used for decades to treat sports medicine injuries, insurance companies do not currently cover the procedure.

What is the post-op protocol for patients?

It is recommended that patients avoid anti-inflammatory medication and ice therapy for 2 weeks after treatment. Patients should rest the treatment site for 3-4 weeks, and resume activity as instructed. Please consult your physician to know the best protocol for your treatment.