

Received date: 17.05.2023 | Accepted date: 19.05.2023 | Published date: 07.07.2023

Platelet rich plasma as an emerging treatment for enthesopathy management

Madhavi Kammela

Kings college hospital NHS Foundation Trust, UK

Background: Enthesopathies are the inflammation at the sites of insertion of tendons on the bone. Platelet-rich plasma (PRP) has recently stolen the spotlight in the management of these musculoskeletal conditions as an alternative to most forms of treatment.

Purpose: To compare the outcomes of enthesopathies following administration of either steroid and PRP.

Methods: we performed a prospective study on 100 patients with one of the five enthesopathies included in the study from November 2017 to October 2019 with a 6 week follow up period. Half the patients received local steroid injection while the other half received PRP. The outcome was measured by visual analogue scale score (VAS) at 1, 3 and 6 weeks to determine the rapidity of onset and duration of pain relief afforded.

Results: Statistically significant improvement was noted in the patients who received PRP with approximately 44% reduction in the VAS score at 6 weeks post injection compared to the group which received steroid injection who experienced only 26.45 reduction in VAS score at 6 weeks. The initial pain relief afforded by local steroid injection was much superior to that achieved by PRP injection.

Conclusion: Use of PRP showed clinically superior outcomes to those of local steroid injection in the treatment of enthesopathies. PRP can be considered as an alternative to other traditional modalities in the treatment of enthesopathies, with slower but sustained pain relief and fewer adverse outcomes.

Recent publications:

1. Kozlova N, Jensen JK, Chi TF, Samoylenko A, Kietzmann T. PAI-1 modulates cell migration in a LRP1-dependent manner via β -catenin and ERK1/2. *Thromb Haemost.* 2015;113(5):988–98.
2. Mehta S, Watson JT. Platelet-rich concentrate: basic science and clinical applications. *J Orthop Trauma.* 2008;22:432–8.
3. Rubio-Azpeitia E, Andia I. Partnership between platelet-rich plasma and mesenchymal stem cells: in vitro experience. *Muscles Ligaments Tendons J.* 2014;4:52–62.

Biography

Madhavi Kammela has completed her Masters in Orthopaedic surgery from India and MRCS England. She is now working in the UK and has several papers and presentations to her credit.

madhaviorthopedics@gmail.com