

The efficacy of Platelet-rich plasma in treatment of Ligament injuries and its potential in regeneration and Healing

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INTRODUCTION

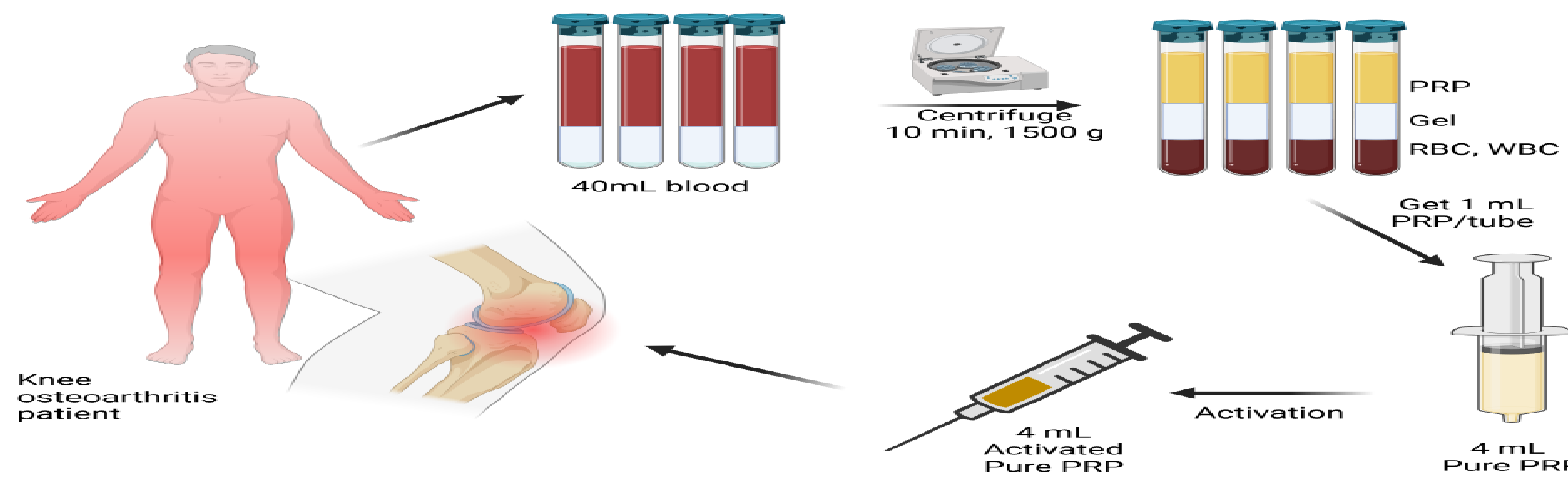
Platelet concentrates like Platelet-rich Plasma (PRP) and Platelet-rich Fibrin are autologous biological blood-derived products used to enhance **Tissue and Ligament repair**.

AIMS AND OBJECTIVES

To evaluate patient reported outcomes, Physical examination findings of various ligament injuries following treatment with a intra-articular injection of PRP compared to a control group

METHODS

Ligament injuries like ACL tear, Medial Meniscal Tear of Knee and Supraspinatus tendon tear from period of March 2024-July 2024 were treated non-operatively and were prospectively evaluated after 2 months. PRP was prepared by Platelet-rich plasma method. Patients were treated with single intra-articular injection of PRP along with specific Physical therapy Protocol. Control group were given only specific Physical therapy protocol.



RESULTS

A total of 25 patients were included, 11 treated with PRP injection and rest control. Patient reported outcomes evaluated by Visual Analog Scale(VAS), Numerical rating scale(NRS) and Physical examination like Tegner activity Scale and failure rate(patients with clinical instability at follow-up who needed subsequent ligament repair)

CONCLUSION

All evaluation parameters showed mild to moderate clinical improvement for the patients who received single dose PRP, than the control group.

REFERENCES

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