

# **PRP STUDIER MOT LATERAL EPIKONDYALGI**

## **Platelet-Rich Plasma Significantly Improves Clinical Outcomes in Patients With Chronic Tennis Elbow: A Double-Blind, Prospective, Multicenter, Controlled Trial of 230 Patients**

**Conclusion:** Treatment of chronic tennis elbow with leukocyte-enriched PRP is safe and results in clinically meaningful improvements compared with an active control group.

Mishra A, Skrepnik N, Edwards S, Jones G, Sampson S, Vermillion D, Ramsey M, Karli R, Rettig A.  
*The American Journal of Sports Medicine*

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## **Positive Effect of an Autologous Platelet Concentrate in Lateral Epicondylitis in a Double-Blind Randomized Controlled Trial: Platelet-Rich Plasma Versus Corticosteroid Injection With a 1-Year Follow-up**

**Conclusion:** Treatment of patients with chronic lateral epicondylitis with PRP reduces pain and significantly increases function, exceeding the effect of corticosteroid injection. Future decisions for application of the PRP for lateral epicondylitis should be confirmed by further follow-up from this trial and should take into account possible costs and harms as well as benefits.

Peerbooms J, Sluimer J, Bruijn, Gosens T  
*The American Journal of Sports Medicine 2010*

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## **Ongoing Positive Effect of Platelet-Rich Plasma Versus Corticosteroid Injection in Lateral Epicondylitis: A Double-Blind Randomized Controlled Trial With 2-year Follow-up**

**Conclusion:** Treatment of patients with chronic lateral epicondylitis with PRP reduces pain and significantly increases function, exceeding the effect of corticosteroid injection. Future decisions for application of the PRP for lateral epicondylitis should be confirmed by further follow-up from this trial and should take into account possible costs and harms as well as benefits.

Gosens T, Peerbooms J, Laar W, Oudsten B.  
*Am J Sports Med 2011*

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## **A retrospective comparison of the management of recalcitrant lateral elbow Tendinosis: platelet-rich plasma injections versus surgery**

**Conclusion:** As steroids have been shown to have poor long-term benefit, other nonsurgical modalities, such as PRP injections, have been investigated, often with successful outcomes in pain and function. As a first-line therapy, PRP injections may be a suitable alternative to promote activation of tendon healing, remodeling, and, ultimately, recovery.

Ford R, Schmitt W, Lineberry K, Luce P.  
*American Association for Hand Surgery 2014*

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### **Effect of Platelet-Rich Plasma (PRP) versus Autologous Whole Blood on Pain and Function Improvement in Tennis Elbow: A Randomized Clinical Trial**

**Conclusion:** PRP and autologous whole blood injections are both effective methods to treat chronic lateral epicondylitis. However, at 8-week followup, PRP treatment seems to be a more effective treatment with more persistent efficacy than autologous blood in relieving pain and improving function.

Raeissadat S, Sedighipour L, Rayegani S, Bahrami M, Bayat M, Rahimi R.  
*Hindawi Publishing Corporation*  
*Pain Research and Treatment 2014*

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### **A randomized study of autologous conditioned plasma and steroid injections in the treatment of lateral Epicondylitis**

**Conclusion:** ACP therapy of LE allows better results to be obtained at 12 months. Betamethasone injections give more rapid improvement, but the therapeutic effect is longer lasting in the ACP group.

Lebiedziński R, Synder M, Buchcic P, Polgaj M, Grzegorzewski A, Sibiński M.  
*International Orthopaedics (SICOT)*  
*Published Online: 30 July 2015*

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### **Autologous Proliferative Therapies in Recalcitrant Lateral Epicondylitis**

**Conclusion:** This study demonstrates the beneficial effects of autologous proliferative therapies in the treatment of lateral epicondylitis. The data show that laser application and ACP therapy lead to a clinical improvement in epicondylopathia. Especially the new treatment with ACP can be highlighted as an alternative and as an easy-to-apply therapy option for clinical practice.

Tetschke E, Rudolf M, Lohmann CH, Stärke C.  
*Am J Phys Med Rehabil 2014*

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