PRP STUDIER KNÄARTROS

Intra-articular Autologous Conditioned Plasma Injections Provide Safe and Efficacious Treatment for Knee Osteoarthritis

Conclusion: ACP is safe and provides quantifiable benefits for pain relief and functional improvement with regard to knee OA. No adverse events were reported for ACP administration. After 1 year, WOMAC scores for the ACP subjects had improved by 78% from their baseline score, whereas scores for the placebo control group had improved by only 7%. Other joints affected with OA may also benefit from this treatment.

Patrick A. Smith
Am J Sports Med 2016

Efficacy of Platelet-Rich Plasma in the Treatment of Knee Osteoarthritis: A Meta-analysis of Randomized Controlled Trials

Conclusions: Current evidence indicates that, compared with HA and saline, intra-articular PRP injection may have more benefit in pain relief and functional improvement in patients with symptomatic knee OA at 1 year postinjection.

Wen-Li Dai et. Al.
Arthroscopy Association of North Americia 2016

Efficacy of Intra-articular Platelet-Rich Plasma Injections in Knee Osteoarthritis: A Systematic Review

Conclusion: In patients with symptomatic knee OA, PRP injection results in significant clinical improvements up to 12 months postinjection. Clinical outcomes and WOMAC scores are significantly better after PRP versus HA at 3 to 12 months postinjection. There is limited evidence for comparing leukocyte-rich versus leukocyte-poor PRP or PRP versus steroids in this study.

Carlos J. Meheux
Arthroscopy Association of North America 2015

Treatment With Platelet-Rich Plasma Is More Effective Than Placebo for Knee Osteoarthritis: A Prospective, Double-Blind, Randomized Trial

Conclusion: A single dose of WBC-filtered PRP in concentrations of 10 times the normal amount is as effective as 2 injections to alleviate symptoms in early knee OA. The results, however, deteriorate after 6 months. Both groups treated with PRP had better results than did the group injected with saline only.

Sandeep Patel et. Al.
Am J Sports Med 2013

Comparison Between Hyaluronic Acid and Platelet-Rich Plasma, Intra-articular Infiltration in the Treatment of Gonarthrosis

Conclusion: Treatment with ACP showed a significantly better clinical outcome than did treatment with HA, with sustained lower WOMAC scores. Treatment with HA did not seem to be effective in the patients with grade III gonarthrosis.

Cerza F et. Al.
Am J Sports Med 2012

Comparative Effectiveness of Platelet-Rich Plasma Injections for Treating Knee Joint Cartilage Degenerative Pathology: A Systematic Review and Meta-analysis

Conclusions: PRP application improves function from basal evaluations in patients with knee joint cartilage degenerative pathology and tends to be more effective than HA administration. Discrepancy in the degenerative severity modifies the treatment responses, leading to participants with lower degrees of degeneration to benefit more from PRP injections.

Ke-Vin Chang et. Al.
PHYSICAL MEDICINE AND REHABILITATION 2013

Multiple PRP injections are more effective than single injections and hyaluronic acid in knees with early osteoarthritis: a randomized, double‐blind, placebo‐controlled trial

Conclusion: The clinical results of this study suggest IA PRP and HA treatment for all stages of knee OA. For patients with early OA, multiple (3) PRP injections are useful in achieving better clinical results. For patients with advanced OA, multiple injections do not significantly improve the results of patients in any group.

Gökay Görmeli et. Al.
Knee Surg Sports Traumatol Arthrosc 2015

The Efficacy of Platelet-Rich Plasma in the Treatment of Symptomatic Knee Osteoarthritis: A Systematic Review With Quantitative Synthesis

Conclusions: As compared with HA or NS injection, multiple sequential intra-articular PRP injections

may have beneficial effects in the treatment of adult patients with mild to moderate knee OA at approximately 6 months. There appears to be an increased incidence of nonspecific adverse events among patients treated with PRP.

Amir Khoshbin et. Al.
Arthroscopy Association of North America 2013

Knee Osteoarthritis Injection Choices: Platelet- Rich Plasma (PRP) Versus Hyaluronic Acid (A one-year randomized clinical trial)

C**onclusion:** This study suggests that PRP injection is more efficacious than HA injection in reducing symptoms and improving quality of life and is a therapeutic option in select patients with knee OA who have not responded to conventional treatment.

Seyed Ahmad Raeissadat et. Al.
Clinical Medicine Insights: Arthritis and Musculoskeletal Disorders 2015

The effects of repeated intra-articular PRP injections on clinical outcomes of early osteoarthritis of the knee

Conclusion: Intra-articular PRP injections into the knee for symptomatic early stages of OA are a valid treatment option. There is a significant reduction in pain and improvement in function after 12 months, which can be further improved at 18 months by annual repetition of the treatment. Although the beneficial effects are ill sustained at 2 years, the results are encouraging when compared to the pre-treatment function.

Alberto Gobbi et. Al.
Knee Surg Sports Traumatol Arthrosc 2014

A Randomized Clinical Trial Evaluating Plasma Rich in Growth Factors (PRGF-Endoret) Versus Hyaluronic Acid in the Short-Term Treatment of Symptomatic Knee Osteoarthritis

Conclusions: Plasma rich in growth factors showed superior short-term results when compared with HA in a randomized controlled trial, with a comparable safety profile, in alleviating symptoms of mild to moderate osteoarthritis of the knee.

Mikel Sánchez et. Al.
Arthroscopy Association of North America 2012

Does intraoperative application of leukocyte-poor platelet-rich plasma during arthroscopy for knee degeneration affect postoperative pain, function and quality of life? A 12-month randomized controlled double-blind trial

Conclusions: Intraoperative application of LP-PRP may enhance pain reduction and gain of knee function within 6–12 months compared to arthroscopy alone.

Christian Duif et. Al.
Arch Orthop Trauma Surg 2015

Efficacy and safety profile of a compound composed of platelet-rich plasma and hyaluronic acid in the treatment for knee osteoarthritis

Conclusions: The association of platelet-rich plasma + - hyaluronic acid has the same efficacy of platelet-rich plasma only, administered in higher volume. We may infer that hyaluronic acid works synergically and improves the activity of several molecules contained in platelet-rich plasma.

Michele Abate et. Al.
Eur J Orthop Surg Traumatol 2015

Plasma versus Hyaluronic Acid for treatment of Knee Osteoarthritis: A systematic review and meta-analysis

Conclusion: The results of this meta-analysis two years after PRP injection showed the efficacy of PRP versus HA. However, further studies are required to determine the longer-term effects.

Hassan Niroomand Sadabad et. Al.
Electronic Physician 2016

Comparison of short-term results of intraarticular platelet-rich plasma (PRP) and hyaluronic acid treatments in early-stage gonarthrosis patients

In conclusion, PRP appears to be an appropriate option for intraarticular treatment in patients with early-stage knee osteoarthritis.

O. Guler et. Al.
Eur J Orthop Surg Traumatol 2014

Short‐term outcomes of platelet‐rich plasma injection for treatment of osteoarthritis of the knee

Conclusion: In short-term outcomes (≤1 year), PRP injection has improved functional outcomes (WOMAC total scores, IKDC score and EQ-VAS) when compared to HA and placebo, but has no statistically significant difference in adverse events when compared to HA and placebo.
This study suggests that PRP injection is more efficacious than HA injection and placebo in reducing symptoms and improving function and quality of life.

Wichan Kanchanatawan et. Al.
European Society of Sports Traumatology 2015

Effect of Single Injection of Platelet-rich Plasma in Comparison with Corticosteroid on Knee Osteoarthritis: A double-blind Randomized Clinical Trial

Conclusion: Out study demonstrared that one shot of PRP injection, decreased joint pain more and longer-term, alleviated the symptoms, and enhanced the activity of daily living and quality of life in short-term duration compared with CS.

Bijan Forogh et. Al.
J Sports Med Phys Fitness 2015

Infiltrative treatment with Platelet Rich Plasma (PRP) in gonarthrosis

Conclusions: On the basis of the analysis of the results it is evident that patients treated with PRP have shown good clinical results immediately after the treatment and 1 year after the end of the treatment as well.
(OBS konklusion var för lång att ta med, läs fulltext)

Giuseppe Mangone et. Al.
Clinical Cases in Mineral and Bone Metabolism 2014

Platelet-rich plasma: intra-articular knee injections produced favorable results on degenerative cartilage lesions

The preliminary results indicate that the treatment with PRP injections is safe and has the potential to reduce pain and improve knee function and quality of live in younger patients with low degree of articular degeneration.

Elizaveta Kon et. Al.
Knee Surg Sports Traumatol Arthrosc 2010
