

Prospective randomised study on the effect of autologous platelets injection in lateral epicondylitis compared with corticosteroid injection.

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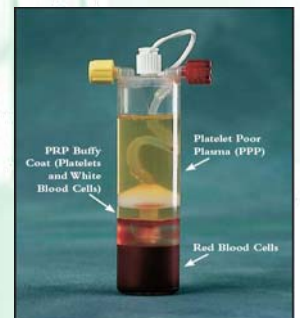
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Lateral epicondylitis is not an inflammatory condition, but rather an angiofibroblastic degeneration caused by failure of normal tendon repair mechanisms, including vascular responses.

Corticosteroids have shown to relieve symptoms, but the positive effect lasts for approximately 6 weeks and tendon healing is not stimulated.

We studied the experimental treatment with injection of autologous platelets, since platelets contain growth factors, which are necessary for tissue regeneration.

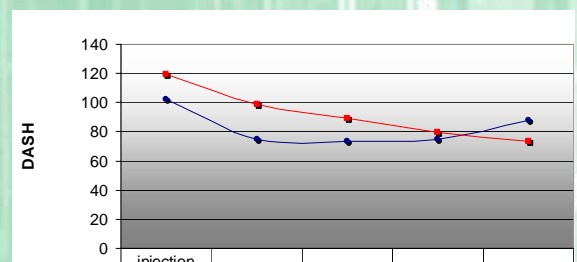
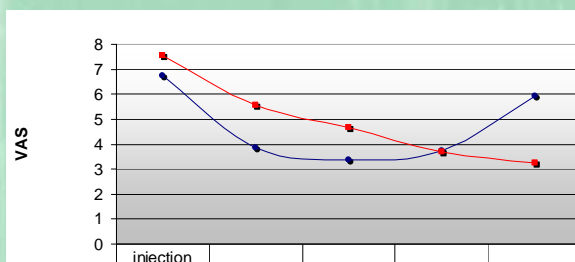
We obtained platelet rich plasma (PRP) by centrifugation of autologous blood. The PRP is reported to have a 5-8 times higher concentration than does whole blood.



The study was designed as a prospective double-blind RCT, level 1. 100 patients were included. Follow-up occurred after 4-8-12-24 weeks after the injection using VAS- and DASH-scores.

We saw a significant decrease in the scores in both groups compared to the initial scores. However after 24 weeks the corticosteroid group did not have a significant improvement anymore, but the PRP group remained at low VAS and DASH scores.

CST - PRP



We conclude that injection of PRP has a positive effect on the course of lateral epicondylitis, the effect actually exceeds the effect of corticosteroids, known as the golden standard. We await the 1- and 2-year results.