

## Lateral Epicondylitis & PRP

In one of the most recent studies comparing PRP injection to cortisone injection for the treatment of Lateral Epicondylitis (LE). Doctors in this Chinese based study concluded

*“Treatment of patients with LE by steroid could slightly relieve pain and significantly improve function of elbow in the short-term (2 to 4 weeks, 6 to 8 weeks). PRP appears to be more effective in relieving pain and improving function in the intermediate-term (12 weeks) and long-term (half year and one year). **Considering the long-term effectiveness of PRP, we recommend PRP as the preferred option for LE.**”<sup>1</sup>*

Often times we encounter patients who have failed conservative treatment who are contemplating surgical management of their lateral epicondylitis. This study out of the United Kingdom looked at 34 patients who had failed conservative treatment and assessed post PRP injection pain scores, psychosocial functioning and need for surgery. 88.2% of these patients had improved pain scores, 8.8% did not improve their pain scores (one had no change), there were no adverse reactions, 2 patients went on to have surgery and one had a repeat PRP injection. This is evidence that PRP injection for lateral epicondylitis is close to 90% effective and safe. In the end the authors conclude...

*“Our results show that a single injection of PRP improves pain and function in patients suffering from LE where conservative management has failed and **would have otherwise required surgery.** Improvements in pain and psychological–social domains increased as the length of follow-up increased suggesting PRP injection has a delayed beneficial effect.”<sup>2</sup>*

One question we often hear is... “what are the long term results of PRP injection on my tennis elbow”. Here is a study from the Netherlands where one year results of 51 patients who received PRP and 49 patients who received cortisone for lateral epicondylitis are compared to one year post injection.

*“Treatment of patients with chronic lateral epicondylitis with PRP reduces pain and significantly increases function, exceeding the effect of corticosteroid injection.”<sup>3</sup>*

Here are some results from the same group of patients at 2 year follow up.

*“The PRP group was more often successfully treated than the corticosteroid group ( $P < .0001$ ). Success was defined as a reduction of 25% on VAS or DASH scores without a re-intervention after 2 years. When baseline VAS and DASH scores were compared with the scores at 2-year follow-up, both groups significantly improved across time (intention-to-treat principle). However, the DASH scores of the corticosteroid group returned to baseline levels, while those of the PRP group significantly improved (as-treated principle). **There were no complications related to the use of PRP.**”<sup>4</sup>*

They go on to conclude..

*“Treatment of patients with chronic lateral epicondylitis with PRP reduces pain and increases function significantly, **exceeding the effect of corticosteroid injection even after a follow-up of 2 years.**”<sup>4</sup>*

PRP injection is a safe, state of the art treatment with documented long term efficacy. It is available to you today at The ROM Clinic in San Mateo.

1. Mi B, Liu G, Zhou W, Lv H, Liu Y, Wu Q, Liu J. [Platelet rich plasma versus steroid on lateral epicondylitis: meta-analysis of randomized clinical trials](#). Phys Sportsmed. 2017 Mar 3:1-8. doi: 10.1080/00913847.2017.1297670. [Epub ahead of print] PubMed PMID: 28276986.
2. Brkljac M, Kumar S, Kalloo D, Hirehal K. [The effect of platelet-rich plasma injection on lateral epicondylitis following failed conservative management](#). J Orthop. 2015 Nov 18;12(Suppl 2):S166-70. doi: 10.1016/j.jor.2015.10.018. eCollection 2015 Dec. PubMed PMID: 27047218; PubMed Central PMCID: PMC4796570.
3. Peerbooms JC, Sluimer J, Bruijn DJ, Gosens T. [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](#). Am J Sports Med. 2010 Feb;38(2):255-62. doi: 10.1177/0363546509355445. PubMed PMID: 20448192.  
[Cited in PMC Related citations](#)
4. Gosens T, Peerbooms JC, van Laar W, den Oudsten BL. [Ongoing positive effect of platelet-rich plasma versus corticosteroid injection in lateral epicondylitis: a double-blind randomized controlled trial with 2-year follow-up](#). Am J Sports Med. 2011 Jun;39(6):1200-8. doi: 10.1177/0363546510397173. Epub 2011 Mar 21. PubMed PMID: 21422467.