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Platelet-rich plasma treatment in symptomatic patients with knee osteoarthritis

Vivek Mahajan
Amandeep Hospital, India

Abstract

Background: Recently new ortho-biological techniques have been utilized in cartilage lesions with increasing frequency and effectiveness to regenerate tissue homeostasis and retard progression of Osteoarthritis (OA). Platelet Rich Plasma (PRP) represents a therapeutic application with promising preliminary clinical results.

Purpose: The purpose of our study was to determine the efficacy of PRP treatment in active patients with symptomatic early arthritic knees

Material and Methods: We prospectively followed up 50 patients with symptomatic pre-arthritic knees (mean age 47.7 years) for a minimum follow up of 12 months. All patients were treated with 2 intra-articular injections (1 monthly) with autologous PRP.

Results: Patients showed significant improvement in all the scores at final follow up ($p < .005$) and returned to previous activities.

Conclusion: This study shows that PRP treatment is effective in early arthritic knees and can act as a preventive agent of OA, by diminishing pain and improving symptoms and quality of life.

Key Words: Knee, Cartilage, PRP.

Biography

Dr. Vivek Mahajan is a young orthopaedic surgeon. He is an alumunus of the prestigious Kasturba Medical College (Manipal University). Following postgraduation, he joined the teaching faculty of Kasturba Medical College, Mangalore in the year 2007. He has undergone training in 'Foot and Ankle Surgery' in Inje University at South Korea. He has done Fellowship in Arthroscopy and Sports Medicine at O.A.S.I Bioresearch Foundation, Milan, Italy. He was selected OTC Educational Fellowship in Orthopedic Trauma at University of Malaga, Spain. He is Working as an associate consultant in the department of Orthopaedics at Amandeep Hospital, Amritsar.