

# **PLATELET RICH PLASMA FOR KNEE OSTEOARTHRITIS: A REVIEW.**

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Batch: MAY 2011

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## ABSTRACT

Platelet rich plasma has also been used to treat knee osteoarthritis due to its regenerative effect. Intra-articular administration of platelet rich plasma has been shown to reduce pain and improve functionality of the affected joints. A thorough review of literature was performed in multiple sessions within a 2 month time frame. Pubmed was the main search engine for literature on platelet rich plasma using the keywords platelet rich plasma/PRP/platelet releasate/platelet gel/platelet concentrate and knee osteoarthritis/degenerative changes/ degeneration. Only sources available in English were used. A total of 5 studies were identified for inclusion in the review. Two of the selected studies for the review were randomized controlled trials while the remaining studies were prospective comparative trials published in English. The included studies involved 485 participants with 285 participants from the RCT trials. The findings from the trials indicated improvement in all scores encompassing pain reduction, improvement to quality of life, and functionality. There were no significant adverse events reported from the trials. PRP intra-articular injection for knee osteoarthritis has shown some positive result in terms of reducing short term pain and improving quality of life. There were no significant long term adverse effects noted from the treatment of platelet rich plasma for knee osteoarthritis. This treatment seems to be more beneficial in younger patients with early knee degeneration.