ID: 120

Scientific Abstract / Oral Presentations: 2

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Topics: Pain Rehabilitation

Keywords: Lateral Epicondylitis, Intralesional, Platelet Rich Plasma, Corticosteroids.

A Comparative Study Of Intralesional Platelet Rich Plasma And Corticosteroid Injection In Patients With Lateral Epicondylitis Of Elbow.

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Objectives: To explore the efficacy of Platelet Rich Plasma (PRP) and its comparison with intralesional corticosteroid injections.

Materials and Methods: A total of 30 patients with lateral epicondylitis were included for the study with specific selection criteria. They were divided into two groups. In Group A, 15 patients were treated with inrtalesional PRP, ADL (Activity of daily living) instructions and Paracetamol and in Group B, 15 patients were treated with intralesional corticosteroid, ADL instructions and Paracetamol. Patients were assessed every 14 days interval. Interventions either PRP or corticosteroids was given in first (W1) and forth (W7) treatment visits, however space between two injections are forty-five days. Each visit patients were assessed by Visual analogue scale (VAS), Mayo elbow performance score (MEPS) and Patient rated tennis elbow evaluation (PRTEE).Statistical analysis was performed by Statistical Packages for Social Sciences (SPSS-21). The numerical data was analyzed statistically. P value <0.05 was considered as statistically significant.

Results: In comparison between two groups, treatment response according to VAS, MEPS and PRTEE, more improvement was found in Group A than Group B at end of treatment where P value <0.05 in all the tools used in the study. **Conclusion**: Intralesional PRP showed better improvement than corticosteroids injections.