



ORTHOHEALING
CENTER

EFFICACY OF PLATELET RICH PLASMA FOR CHRONIC TENNIS ELBOW PUBLISHED IN THE AMERICAN JOURNAL OF SPORTS MEDICINE

PATIENTS



- + AVERAGE AGE: 48 YEARS OLD
- + 230 PATIENTS
- + MULTICENTER STUDY (11 MEDICAL FACILITIES INCLUDING ORTHOHEALING CENTER)
- + DOUBLE BLINDED PLACEBO CONTROLLED (ANESTHETIC) TRIAL
- + PATIENTS HAD 3 MONTHS OF SYMPTOMS AND FAILED CONVENTIONAL THERAPY

THE INJECTION



THE STUDY COMPARED A SINGLE INJECTION OF PRP VS ANESTHETIC AND FOLLOWED PATIENTS AT 4, 8, 12 AND 24 WEEKS.

AFTER THE TREATMENT

AT
4 WEEKS



PATIENTS REPORTED A
38.4%
PAIN IMPROVEMENT

AT
8 WEEKS



PATIENTS REPORTED
53.9%
PAIN IMPROVEMENT

AT
12 WEEKS



PATIENTS REPORTED
55.1%
PAIN IMPROVEMENT

AT
24 WEEKS



PATIENTS REPORTED
83.9%
PAIN IMPROVEMENT
COMPARED TO 68.3% IN
THE CONTROL GROUP



NO SIGNIFICANT COMPLICATIONS
OCCURRED IN EITHER GROUP



AT EACH FOLLOW-UP, PRP-TREATED
PATIENTS REPORTED MORE
IMPROVEMENT IN THEIR PAIN SCORES



BASED ON THIS DATA, PATIENTS
SHOULD CONSIDER PRP TREATMENT
BEFORE SURGICAL INTERVENTION -
SIMILAR SUCCESS RATE, LOWER COST,
& LESS RISK

The American Journal of Sports Medicine

Efficacy of Platelet-Rich Plasma for Chronic Tennis Elbow: A Double-Blind, Prospective, Multicenter, Randomized Controlled Trial of 230 Patients

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