

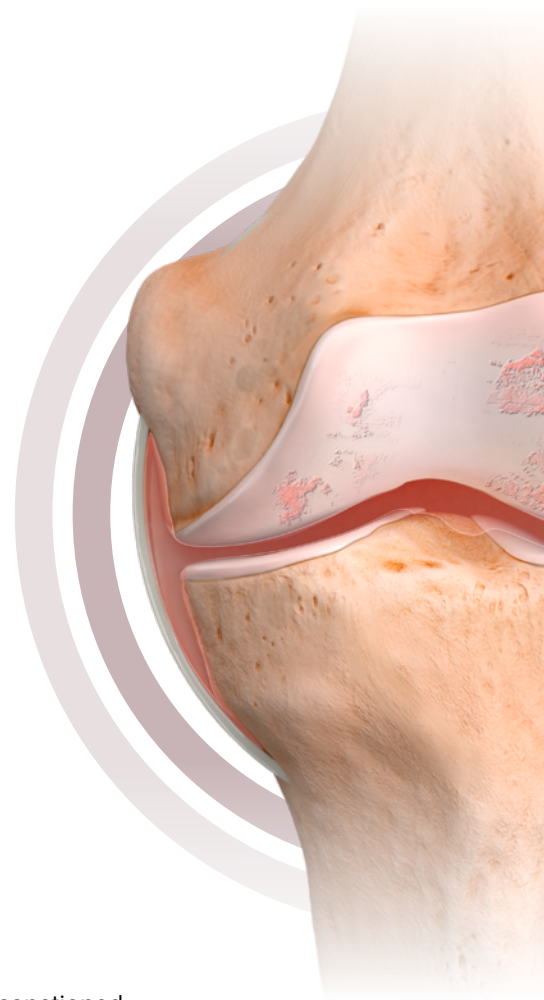
# Platelet Rich Plasma (PRP) in Knee Osteoarthritis

## Evidence Brief

Knee osteoarthritis (OA) is a common condition and a leading cause of disability.<sup>1</sup> It is estimated 18 % of the UK population aged over 45 years have sought treatment for OA of the knee.<sup>2</sup> Despite the clinical and economic burden of the disease, there is a recognized “treatment gap” in the management of patients with knee OA; where the individual no longer responds to conservative management but surgical intervention is considered inappropriate.<sup>3</sup>

Intra-articular PRP injection is an established treatment option for knee OA that has been shown to be clinically effective and provide symptom improvement up to 2 years post injection.<sup>9</sup> The ESSKA Orthobiologics Initiative (ORBIT) clinical group published a consensus report in 2022 on the use of injectable orthobiologics for the treatment of knee OA, which stated:

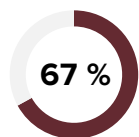
*“Clinical evidence confirms the efficacy of PRP in the treatment of knee osteoarthritis (OA). Level I and II clinical studies, as well as additional prospective studies, support the safety and clinical benefit of PRP for knee OA, which was shown in comparison to both placebo (saline) and control treatments such as hyaluronic acid or corticosteroids.”<sup>6</sup>*



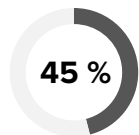
## Evidence Highlights



Improvement in WOMAC score at 12 months reported in FDA-sanctioned randomized controlled trial (RCT) assessing the safety and efficacy of ACP vs. placebo in knee OA.<sup>10</sup> Access paper [here](#).



Improvement in WOMAC score in PRP patients at 12 months, reported in an RCT assessing the efficacy of PRP, cortisone, and hyaluronic acid (HA) in knee OA.<sup>8</sup> Access paper [here](#).



Mean WOMAC improvement in PRP group at 11 months, reported in a meta analysis of RCTs assessing the efficacy and safety of PRP and HA injections for the treatment of knee OA.<sup>11</sup> Access paper [here](#).

## Summary

**Evidence from several meta-analyses and RCTs show PRP is associated with improved VAS and WOMAC scores compared to both cortisone and HA injections in patients with knee OA at 6-, 12-, and 24-month follow-up.<sup>8-11</sup>**



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