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Treatment of musculoskeletal injuries with homologous platelet rich plasma injection

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Statement of the Problem: Recently, autologous platelet rich plasma are being used to treat acute and chronic injuries in an attempt to jump start healing due to being too much growth factor source. However, the homologous (allogenic) platelet rich plasma has been investigated in several studies to treat chronic wounds. To the best of our knowledge, it has not been studied as injection for articular and soft tissue injuries. In this study, our objective was to treat different kinds of soft tissue and joint disorders with homologous platelet rich plasma and investigate the effects of it.

Methods: We applied 164 injections of homologous PRP to 109 patients. 63 patients had knee pain, 12 patients had temporomandibular joint pain, 7 patients had tennis elbow, 9 patients had shoulder pain, 15 patients had lumbar pain, 3 patients had pain on the Achilles tendon. The 139 injections were made intra-articular and 25 injections were applied into the soft tissue. We repeated the injection in 16 patients. All of the patients were followed for one year.

Findings: No severe adverse events or complications related to the injections were observed during the treatment or follow-up period. All of the patients were very satisfied with the treatment and had reported pain relief and increase of their life standarts. Second session were performed to the 17 patients after six months due to the resumption of their aches. However , they were also reported significant increase in the quality of their lives.

Conclusion & Significance: This study showed homologous PRP could be safely used without complications or adverse effects. Additionally, all of the patients reported a significant satisfaction from the treatment.

Biography

Zeynep Altuntas has completed his PhD from Necmettin Erbakan University, Meram School of Medicine. In 2005, she worked at the Mayo Clinic as a Research Fellow. In 2007, she received Plastic and Reconstructive Surgery expertise from Necmettin Erbakan Universty. She has published more than 20 papers in reputed journals. She studies on wound healing and regenerative medicine.

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