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Platelet-Rich Plasma for Knee Osteoarthritis: Clinical and Functional Benefits in a Retrospective Analysis

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Osteoarthritis is a chronic joint disease that primarily affects the knee, leading to pain and functional limitations that significantly reduce patients' quality of life. Intra-articular injection therapies, particularly platelet-rich plasma (PRP), are increasingly recognized for their regenerative potential.

This retrospective study aimed to evaluate the effectiveness of PRP injections in reducing knee pain and improving function in patients with knee osteoarthritis over a six-month period.

METHODS

Conducted between October 2022 and September 2023 at CHU Mohamed 6 Oujda, the study included 26 patients (42 knees) meeting predefined inclusion criteria. All patients received a single intra-articular PRP injection and were assessed at baseline and at 1, 3, and 6 months post-treatment using the Visual Analog Scale (VAS), the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC), and the Lequesne index.

RESULTS

The cohort had a mean age of 56.2 years, with 84.6% being female and 50% classified as obese (mean BMI: 30.6 kg/m^2). Most cases (73.1%) were at Kellgren-Lawrence Stages 2 or 3. Significant improvements were observed across all metrics ($p<0.001$), with VAS scores decreasing by 54.7%, WOMAC scores by 60.2%, and the Lequesne index by 32.6%. Improvements were independent of age, BMI, or radiological stage. The most common adverse effect was mild to moderate pain lasting no more than seven days post-injection.

CONCLUSION

Platelet-rich plasma injections were well-tolerated and provided significant pain relief and functional improvement in patients with knee osteoarthritis.

Statement of Disclosures

None

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