E-Poster

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Effect of Ultrasound Platelet Rich Plasma Injection in Refractory Post Stroke Shoulder Pain: Case Control Study

Topic: Injections (Joint, Spine, etc.)

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BACKGROUND

Does Ultrasound guided Platelet Rich Plasma (PRP) injection beneficial for patients with Post Stroke Shoulder Pain (PSSP) who have inadequate pain relief following Supra Scapular Nerve Block (SSNB)?

METHODS

After institutional ethical committee approval, patients aged above 18 years of either gender who had PSSP, with inadequate pain relief at two weeks post SSNB, Ultrasound showed rotator cuff pathology, Severity of pain on Numerical Rating scale (NRS ≥ 4), and time since stroke onset < 1 year were enrolled in the retrospective study. Case group received additional Ultrasound guided PRP injection for inadequate pain relief with SSNB. Control group received SSNB only as management for PSSP. Patients were assessed using NRS, Range of Motion (ROM), American Shoulder and Elbow Surgeons Shoulder Score (ASES) – at two weeks, one month and at three months duration. Data was compared between controls and cases using Mann-Whitney U test. Changes in parameters within cases and controls was done using Wilcoxon signed Rank test

RESULTS

On reviewing the medical records, 47 (M:F: 33:14, mean age 60.5 years) patients were included, of which 19 were cases and 28 were controls. Statistically significant improvement ($p < 0.05$) was noted for PSSP on NRS, increased ROM for forward flexion, abduction and external rotation and functional outcome on ASES for cases who received PRP injection as compared to the control at two weeks, one month and at three months duration

CONCLUSION

Ultrasound guided PRP injection can be considered as an adjunctive option in the therapeutic armamentarium of management of patients with PSSP in those who have inadequate pain relief with SSNB and have rotator cuff pathology. Further randomized controlled trials should be conducted.

Statement of Disclosures

None

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