



Is the evidence behind platelet-rich plasma therapies strong enough?

Trombositten zengin plazma tedavileri arkasındaki kanıtlar güçlü müdür?

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Platelet-rich plasma (PRP) is obtained from a patient's own peripheral blood, after centrifuging it, and has growth factors.^[1]

There are clinical studies indicating that PRP therapy may enhance muscle or tendon healing, and it accelerates the tissue regeneration after musculoskeletal injuries such as strain or contusion, during sports activities.^[1,2]

The application of these products is documented also for treatment of the conditions like lateral epicondylitis, plantar fasciitis, and tears of the rotator cuff, anterior cruciate ligament.^[3,4]

However, there is a growing debate regarding its clinical efficacy, the timing of platelet-rich plasma administration, optimal platelet concentration and platelet separation technique, ideal volume of the platelet concentrate.^[5,6] The uncontrolled studies have shown beneficial effects for several conditions. However, the results of controlled trials comparing platelet-rich plasma with standard therapies are not as definitive.^[5,7]

The orthopaedic surgeons should know that there is still uncertainty about the evidence behind platelet-rich plasma therapies.

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