

# Intra-articular platelet-rich plasma vs corticosteroids in the treatment of moderate knee osteoarthritis

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 16/09/2019	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 13/07/2020	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Osteoarthritis (OA) is a condition that causes joints to become painful and stiff that results from the breakdown of joint cartilage and underlying bone. Platelet-rich plasma (PRP) injections bathe troubled cells in a concentrated mixture of platelets from patients own blood. Although it is not exactly clear how PRP works, laboratory studies have shown that it can potentially speed up the healing process in some injuries. Triamcinolone acetonide is a synthetic corticosteroid used topically to treat various skin conditions, to relieve the discomfort of mouth sores, and intra-articularly (in the joints) to treat various joint conditions. The aim of this study was to compare intra-articular injections of autologous PRP with intra-articular injections of corticosteroid to relieve the pain caused by OA.

### Who can participate?

Patients older than 55 years with a history of chronic pain, swelling and/or reduced range of motion in the knee joint, confirmed to be OA.

### What does the study involve?

Patients who met inclusion criteria were divided into two groups by random selection. Patients randomized to group 1 (platelet-rich plasma - PRP) received one intra-articular injection of autologous PRP. Patients randomized to group 2 (corticosteroid - CS) received an intra-articular injection of triamcinolone acetonide.

### What are the possible benefits and risks of participating?

Patients may experience an improvement or no improvement in symptoms.

### Where is the study run from?

ORTO Klinika LTD, Latvia

### When is the study starting and how long is it expected to run for?

April 2016 to May 2017

Who is funding the study?  
ORTO KLĪNIKA, Latvia

Who is the main contact?  
Dr Andrej Elksnin-Finogejev  
andrejs.finogejevs@orto.lv

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Andrej Elksnin-Finogejev

**Contact details**  
Bukultu iela 1a  
Riga  
Latvia  
LV-1005  
+371 67016720  
andrejs.finogejevs@orto.lv

## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**ClinicalTrials.gov (NCT)**  
Nil known

**Protocol serial number**  
GO-CS

## Study information

**Scientific Title**  
Intra-articular platelet-rich plasma vs corticosteroids in the treatment of moderate knee osteoarthritis: a single-center prospective randomized controlled study with a one-year follow up

**Acronym**  
PRP

**Study objectives**  
We hypothesized that intraarticular injection of PRP reduces pain in a very-short term follow up (one week) similar to triamcinolone acetonide and leads to an equal or more effective analgesic and lasting functional recovery (one year)

**Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

1. Approved 10/02/2016, Rigas Stradins University (RSU) Ētikas Komitejas (Prof Olafs Brūvers, Rīga, Dzirciema 16, LV-1007, Latvia; +37167409101), ref: E-9(2)
2. Approved 15/04/2016, Rīgas Austrumu klīniskās universitātes slimnīcas atbalsta fonda Medicīnisko un biomedicīnisko pētījumu ētikas komiteja (Rīga, Hipokrāta iela 2, LV1038, Latvia; +37 20281174; etika@aslimnica.lv), ref: 57/2016

### **Study design**

Single-centre prospective randomized controlled study

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

### **Health condition(s) or problem(s) studied**

Knee osteoarthritis

### **Interventions**

Patients suffering knee pain were redirected to the one physician of the clinical team involved in the trial who evaluated suitability.

Patients who met inclusion criteria were divided into two groups of 20 patients each by random selection. Patients randomized to group 1 (platelet-rich plasma - PRP) received one intra-articular injection of autologous PRP. Patients randomized to group 2 (corticosteroid - CS) received an intra-articular injection of corticosteroid. The randomization of patients was done using a randomization software list.

Pain VAS score at 1 year (change from baseline - V1) was considered the primary outcome variable. Secondary outcomes were International Knee Documentation Committee (IKDC 2000 form) scale and Knee Society Score (KSS) at any time point from: one week (V2), 5 weeks (V3), 15 weeks (V4) and 30 weeks (V5). VAS scores at short-term (1 week) was considered a secondary outcome.

The first assessment was performed at 1 week after the infiltration (V1) to evaluate if PRP clinical improvement was similar or superior to corticosteroid. Patients in the corticosteroid group received intraarticular 1 mL of 40 mg/mL of triamcinolone acetonide (Kenalog®) and 5 mL of 2 % of lidocaine, which was mixed in one syringe. A complete evacuation of intra-articular fluid, if present, was performed before PRP and CS were injected intraarticular. The injecting physician neither the patient was blinded to treatment. All the baseline and follow-up visits were performed by the blinded evaluator who was blinded to the treatment throughout the study. The intra-articular knee injection was performed under sterile conditions without any local or general anesthesia with a 20-G x 2.75 70 mm needle using an anterolateral approach. Echographic control (Philips Affinity 70) allowed a proper needle position by direct visualization of the liquid PRP/CS injected. After manipulation aseptic bandage was used with local cool compression for 15 minutes. Nonsteroidal anti-inflammatory drugs were prohibited for 10 days following the injection.

**Intervention Type**

Drug

**Phase**

Phase I

**Drug/device/biological/vaccine name(s)**

Platelet-rich plasma, triamcinolone acetonide - Kenalog®

**Primary outcome(s)**

Pain VAS score at 1 year (change from baseline)

**Key secondary outcome(s)**

1. International Knee Documentation Committee (IKDC 2000 form) scale and Knee Society Score (KSS) at any time point: one week (V2), 5 weeks (V3), 15 weeks (V4) and 30 weeks (V5).
2. VAS scores at short-term (1 week)

**Completion date**

30/05/2017

**Eligibility****Key inclusion criteria**

1. Patients older than 55 years with a history of chronic pain, swelling and/or reduced range of motion in the knee joint
2. Clinical and radiological confirmation of OA of the knee (Kellgren – Lawrence KL grades II-III) was verified by assessing X-Ray images in anteroposterior and lateral projections

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

40

**Key exclusion criteria**

1. Posttraumatic knee
2. Pregnancy, breastfeeding
3. Oncological diseases
4. Endocrine diseases (gout, diabetes)
5. Autoimmune diseases (rheumatoid arthritis)
6. Acute/chronic infectious disease, blood clotting disorders (thrombocytopenia, coagulopathy)

7. Previous interventions on the knee joint (i.e. punctures, blockades, arthroscopy)
8. Received consistent hormonal therapy or non-steroidal anti-inflammatory drugs (NSAIDs) within 10 days prior to the intervention

**Date of first enrolment**

01/04/2016

**Date of final enrolment**

30/05/2017

## Locations

**Countries of recruitment**

Latvia

**Study participating centre**

ORTO Klinika LTD

Bukultu iela 1a

Riga

Latvia

LV-1005

## Sponsor information

**Organisation**

ORTO KLĪNIKA

## Funder(s)

**Funder type**

Hospital/treatment centre

**Funder Name**

ORTO KLĪNIKA

## Results and Publications

**Individual participant data (IPD) sharing plan**

All data generated or analysed during this study will be included in the subsequent results publication

## IPD sharing plan summary

Other

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	10/07/2020	13/07/2020	Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes