



ORIGINAL RESEARCH PAPER

Orthopaedics

EFFECT OF PLATELET RICH PLASMA (PRP) INJECTION IN SHOULDER HAVING PARTIAL ROTATOR CUFF TEARS

KEY WORDS: PRP Platelet Rich Plasma, RCT Rotator Cuff Tear, PT RCT Partial-Thickness Rotator Cuff Tear.

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ABSTRACT

Background: Rotator cuff (RC) lesions represent the vast majority of shoulder injuries in adult patients and are a common contributing factor to shoulder pain and occupational disability. In this study we evaluate the efficacy of new treatment of PRP injection in selected patients.

Methods: This study was conducted in twelve patients having rotator cuff pathology allocated for intra articular injection of PRP in shoulder joint through posterior approach under local anaesthesia. All patients assessed pre-injection and post-injection period by using Constant Shoulder Scores.

Results: The study included patients with age ranging from 35 to 81 years with a mean age of 57.90 years. Mean age of male patients was 58.73 years and mean age of female patients was 56.89 years of total 06 male and 06 female patients. In our study we have 08 (66.67%) patients having left shoulder pain and 04 (33.33%) patients having right shoulder pain. In partial tear 5(41.67%) have excellent, 6(50%) have good and 1(8.33%) has fair outcome on 6 months follow up. None of the patients developed any complication in our study.

Conclusion: In our study a single injection of PRP resulted in a safe, significant, sustained improvement in pain and functional outcomes for patients with refractory partial Rotator Cuff Tear (RCT) that is statistically significant.

INTRODUCTION

Rotator cuff (RC) lesions represent the vast majority of shoulder injuries in adult patients and are a common contributing factor to shoulder pain and occupational disability. The incidence of this condition is increasing along with an aging population [1]. The causes may stem from degeneration, impingement or overload. It is thought to be a combination of intrinsic and extrinsic factors that cause joint injury [2].

Once injured, it is likely that there is difficulty healing due to poor blood supply at the humeral insertion point. Diagnosis is made based on clinical suspicion with supporting radiographic evidence. The preferred imaging method is magnetic resonance imaging (MRI) and Ultrasonography (USG), which can show partial or small rotator cuff tears [3].

To improve outcomes, the relatively new technique of injection of PRP is under investigation. This technique uses platelet-rich plasma, which is a whole blood fraction containing high platelet concentration. The proposed benefit of including PRP in rotator cuff disorders is that it allows platelet derived factors to be locally available to the tissue throughout the healing process[4] [5].

AIM

Aims of study are to evaluate the effects in shoulder in patients having partial rotator cuff tear by giving platelet rich plasma and evaluating results using Constant Shoulder Score[6-11].

MATERIAL AND METHODS

The study included 12 patients aged between 35–81 years who had shoulder pain due to partial rotator cuff tear, confirmed by either USG or MRI.

Inclusion Criteria:

1. Age group : >18years
2. Gender : Male and female patients
3. Patients with shoulder pain due to rotator cuff disorders
4. Patients who are willing to participate in the study
5. Skeletally mature patient

Exclusion Criteria:

1. Children and adolescent patients <18yrs
2. Patients with any previous history of Fracture of Shoulder

3. Patients not willing to participate.
4. Patients with history of shoulder dislocation
5. Patients with infections
6. Patients with haematological disorders (Coagulopathy).
7. Patients with severe Cardiovascular Diseases
8. Patients with Immunodeficiency
9. Patients who are using anticoagulants or anti-aggregants
10. Patients with platelet value less than 150,000/mm³

Methodology:

All patients admitted for shoulder pain due to rotator cuff pathology were examined clinically, radiologically and patient will be taken for injection of PRP (Figure-1) in shoulder joint according to inclusion and exclusion. All patients examined clinically and radiologically using Constant Shoulder Score and MRI/USG respectively.

Patient underwent intra-articular injection of PRP in shoulder joint through posterior approach under local anaesthesia (Figure-2). Post-injection physiotherapy was followed according to the protocol to evaluate the functional outcome.

Patients were followed up at 1st post-injection day, 1 month, 3 months and 6 months after the injection. Grading of results done using final Constant Shoulder Score.



Figure 1 – PRP collected in syringe



Figure 2 – Needle Inserted In Shoulder Joint Through Posterior Approach.

Statistical Method:

The collected data were organized, tabulated and statistically analysis using “MedCalc”. The data will be analysed by appropriate statistical tools.

Numerical data were expressed as mean ± standard deviation, and categorical data were expressed as relative frequency and percentage.

The following statistical significance tests would be applied

1. T-test was used to compare two independent groups of continuous data.
2. Chi-square test was used to compare categorical data.

RESULTS AND DISCUSSION:

In this study, 12 cases of shoulder pain due to rotator cuff disorders of which all patients were of partial supraspinatous tear, confirmed with either USG or MRI were treated with Platelet Rich Plasma (PRP) injection in shoulder joint.

The study included patients with age ranging from 35 to 81 years with a mean age of 57.90 years. Mean age of male patients was 58.73 years and mean age of female patients was 56.89 years of total 06 male and 06 female patients.

In our study we have 08 (66.67%) patients having left shoulder pain and 04 (33.33%) patients having right shoulder pain.

None of the patients developed any complication in our study.

Evaluation of Results By Means Of Constant Shoulder Score

It comprises of the following components: (12-16)

- | | |
|-------------------------------|-------------|
| 1. PAIN | 0-15 POINTS |
| 2. ACTIVITIES OF DAILY LIVING | 0-20 POINTS |
| 3. MOVEMENTS | 0-40 POINTS |
| 4. STRENGTH | 0-25 POINTS |

The maximum possible points are 100 Units.

Grading Of Constant Shoulder Score (difference Between Normal And Abnormal Side)

Table-01

RESULTS	SCORE
EXCELLENT	<11
GOOD	11-20
FAIR	21-30
POOR	>30

Pre-injection and final post-injection score after 6 months follow up:

Table-02

Criteria	Follow up	Partial tear
Pain	Pre	2.92 ± 3.34
	Post	10.42 ± 3.34
Activity	Pre	6.83 ± 4.39
	Post	12.17 ± 5.56
Movements	Pre	14 ± 6.82
	Post	28 ± 6.82
Strength	Pre	3.83 ± 3.61
	post	9.58 ± 3.63

Overall Outcome Of Pain Relief Among Patients:

In partial tear 6 patients have severe pain initially and 5 have moderate pain and on follow up 7 patients have only mild pain and 3 have no pain at all and no one have severe pain. Patients showed significant improvements in pain relief.

Overall Outcome Of Strength Of Abduction Among Patients:

In partial tear initially 6 patients have strength in range 1-3 pounds and 4 patients have strength in 4-6 range and on final follow up 5 patients improved to range 7-9 pounds and 3 have >10 pounds strength of abduction.

Overall Outcome Of Activity Of Daily Living Among Patients:

In partial tear all 12 patients have unaffected sleep after follow up, 4 patients can do full sports activity without any discomfort and 4 can do full daily activity and 5 patients use their hand to do over head activity without any problem.

Overall Outcome Of Movements Among Patients:

Forward Flexion

In partial tear initially, 5 have flexion in 31-60 degrees range and 4 have 61-90 degrees flexion and on final follow up, no patient is in 31-60 degrees range, 3 have 91-120 degrees, 3 have 121-150 degrees range and 3 improved to 151-180 degrees of flexion.

Lateral Elevation:

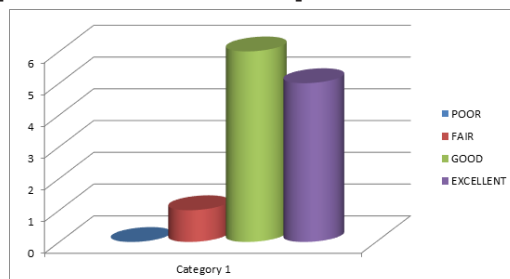
In partial tear initially 3 have 31-60 degrees, 6 have 61-90 degrees 2 have 121-150 degrees and on follow up, 5 patients improved to 151-180 degrees and 5 patients have lateral elevations > 90 degrees and only 2 in 31-60 degrees, no patient have <60 lateral elevation.

External Rotation:

In partial tear initially 8 patients have external rotation only up to hand behind head, elbow forward and on final follow up 2 patients do full external rotation, 3 have rotation with hand above head & elbow back, 5 have rotation with hand above head and elbow forward.

Internal Rotation:

In partial tear initially 2 patients have internal rotation up to lateral thigh, 7 have up to buttock, 3 have up to lumbosacral region and after 6 months follow up 6 patient have rotation up to lumbosacral junction, 3 improved to rotation up to waist and 1 patient improved to internal rotation up to T12 and 1 patient improved to full internal rotation up to T7 vertebra.



Graph 01 - Overall Outcome Of Constant Score Among Patients:

Table-03

Parameter	Partial Tear(n=12)
Poor	0(0%)
Fair	1(8.33%)
Good	6(50%)
Excellent	5(41.67%)

In partial tear 5(41.67%) have excellent, 6(50%) have good and 1(8.33%) has fair outcome on 6 months follow up.

Our study has positive outcome in cases of partial rotator cuff tears similar to the studies of Randelli et al¹⁷, Scarpone et al¹⁸, Ilhani et al¹⁹ and Castricini et al²⁰

Currently, there are few published studies that specifically investigate the safety and efficacy of PRP injections to the shoulder as a non-operative treatment option for Partial Tear RCTs. Even fewer studies seek to compare pre- and post-injection imaging to radiographically assess healing of the partially torn tendon and, at the same time, to determine a correlation between objective (i.e. image reporting) and subjective (i.e. patient report) outcome data. As PRP continues to evolve, more substantiated research is needed to understand its mechanism of action in addition to clinical data. It is also clear that large, multicentre clinical trials are needed to define the best type of PRP to be used and for what specific clinical application. The data supporting PRP use thus far are immature, but this biologic technology has the potential to transform the practice of musculoskeletal medicine and orthopaedic surgery.

CONCLUSION:

The present study was conducted to assess the effects of PRP injection in shoulder pain due to partial rotator cuff tear. We conclude the following from our study –

A single injection of PRP resulted in a safe, significant, sustained improvement in pain and functional outcomes for patients with refractory partial Rotator Cuff Tear (RCT).

This suggests that PRP may have the potential to heal the muscle-tendon unit of the rotator cuff at the level of degenerative tissue and may be a primary nonsurgical treatment for refractory partial RCT.

PRP seems to be a well-tolerated therapeutic application which has shown encouraging clinical results in patients with chronic partial rotator cuff tears.

Data Availability:

The data used to support the findings of this study are included within this article.

Conflicts Of Interest:

The authors declare that they have no conflicts of interest.

Funding Statement:

No external funding sources were used in the generation of this manuscript.

Acknowledgements:

Special thanks to Dr. Abhimanyu Singh who encouraged me to do this work.

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