

# Clinical Midterm Results of Platelet Rich Plasma (PRP) Versus Steroid for Plantar Fasciitis: A randomized control trial of 118 patients

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# INTRODUCTION

**INTRODUCTION:** Plantar fasciitis which is a common cause of heel pain, often results in significant morbidity. In cases who are not responsive to initial conservative treatments, invasive procedures in the form of local infiltration of steroid are required but is riddled with complications. Local platelet-rich plasma (PRP)infiltration is an emerging alternative for this condition. However, whether it is more effective in reducing pain and improving function than other treatments (such as steroid injection, or whole blood) remains controversial

**AIM:** Compare efficacy of local injection of PRP and Corticosteroid in Plantar Fasciitis

**Method:** Skeletally mature patients with plantar fasciitis who had failed conservative therapy were randomized using envelope method into 2 groups- PRP and Steroid group. The participants were assessed for pain on the day of presentation and then after therapy at 2weeks, 4weeks, 3 months and 6month by Visual Analog Scale and on final follow-up at 6-month AOFAS hind-foot Score was taken.

# RESULTS

Local injection of PRP was associated with greater improvement in VAS score and resulted in superior AOFAS score at 6 month as compared to local injection of corticosteroid

AOFAS Score (6 Months)	Group		t-test	
	PRP	Steroid	t	p value
Mean (SD)	95.09 (4.60)	85.96 (5.34)	9.527	<0.001
Median (IQR)	95 (90-100)	86 (84-90)		
Range	85 - 100	73 - 97		

VAS	Group				P value for comparison of the two groups at each of the time points (t-test)
	PRP		Steroid		
	Mean (SD)	Median (IQR)	Mean (SD)	Median (IQR)	
Pre-Injection	9.40 (0.72)	10.00 (1.00)	9.38 (0.74)	10.00 (1.00)	0.922
2 Weeks	6.71 (0.99)	6.50 (1.00)	7.30 (1.09)	7.00 (2.00)	0.003
4 Weeks	3.98 (1.03)	4.00 (1.00)	4.93 (1.07)	5.00 (2.00)	<0.001
12 Weeks	1.45 (0.75)	1.00 (1.00)	2.72 (0.98)	3.00 (1.00)	<0.001
24 Weeks	0.52 (0.60)	0.00 (1.00)	1.92 (1.03)	2.00 (1.00)	<0.001



## CONCLUSION

Significant differences in short-term and mid-term pain relief as mid term functional benefit was observed between PRP and steroid injection for plantar fasciitis. Considering the effectiveness of PRP, recommend the use of PRP as the preferred treatment for Plantar fasciitis.