

**ROLE OF PLATELET RICH PLASMA IN TREATMENT
OF PLANTAR FASCIITIS: A SINGLE BLIND
PROSPECTIVE HOSPITAL BASED STUDY**

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INTRODUCTION :-

- Plantar fasciitis is a common musculoskeletal disorder characterised by pain involving the inferomedial aspect of the heel.
- Pain is most significant during weight-bearing activities, and is associated with a change in either the amount or intensity of physical activity by the patient before the onset of their symptoms.
- Other names are painful heel syndrome, runner's heel, heel spur syndrome. This disorder affects 10-20 percent of injured athletes .
- Various conservative methods for treating plantar fasciitis include including physiotherapy, plantar-fascia-stretching exercises, icepacks, night splints, prefabricated and custom-made insert, shoe modification, NSAID and extracorporeal shock-wave therapy (ESWT).

AIM :-

- The aim of this study was to evaluate role of platelet rich plasma as a therapeutic strategy in treatment of plantar fasciitis.

METHODOLOGY :-

- A total no of 24 patients (14 males and 10 females) of age group (18-75 years) presenting to Teerthankar Mahaveer medical college between July 2019 to November 2019 were included in the study.
- Exclusion criteria was any wound or skin lesion at the injection site, pregnancy, severe infection, known malignancy, bleeding disorder .
- PRP was prepared by PRP centrifugation method and injected at affected site within 2 hour of preparation and patient was adviced cold pack, stretching exercises after 48 hours and oral analgesic.

- Patient was followed up immediately after PRP injection and then at monthly interval up to 3 months using visual analogue scale.

RESULT :-

- Mean age of the patient was 42.5 years. Pre injection VAS score was 7.6
- The mean VAS score at end of 1st, 2nd and 3rd month was 6.16, 4.37 and 2.5 respectively. This shows statistically significant improvement in the studied variables ($p < 0.001$). There were no complications.



CONCLUSION :-

- Our study showed that freshly prepared PRP injection given at monthly interval is a safe and effective strategy for the treatment of plantar fasciitis. The strengths of the study is the inclusion of (VAS Score) assessment tools.
- The limitations of our study are a lack of a control or comparison group and a single centre study.

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