



TITLE: Platelet-Rich Plasma Injections as an Alternative to Surgery in Treating Patients With Medial Epicondylitis: A Systematic Review

Name: Wael M. Alzahrani

Affiliation: Assistant Professor at Department of Surgery,
College of Medicine, Najran University, Najran

Country: Saudi Arabia

Email ID: w.aldehri@hotmail.com

ABSTRACT (upto 300 words)

To synthesize the available information on the effectiveness of platelet-rich plasma (PRP) injections against surgery as therapy strategies for medial epicondylitis (ME). We searched the Embase, MEDLINE, and Cochrane Library databases with the relevant keywords to identify the studies comparing the efficiency of PRP injections and ME surgery. We excluded non-English articles, case reports, and conference abstracts.

Only two studies met the inclusion criteria and were included in the qualitative synthesis. No conflicts were reported between both studies. Both studies were carried out in the United States of America. The outcomes of PRP and surgical interventions were similar, with no reported statistical differences. Both studies recorded an excellent outcome following the PRP and surgical interventions, where the patients returned to full movement with no pain. The current evidence shows that PRP injections are just as effective as ME surgery in relieving pain and restoring function for those with ME, especially in the short and mid-term. Therefore, the injection of PRP is a promising treatment option for ME.

Presenter Name: Wael M. Alzahrani.

Mode of Presentation: Oral/Poster.

Contact number: +966552245819



BIOGRAPHY (upto 200 words)

Wael Alzahrani has completed his upper extremity fellowship at the age of 33 years from Asan Medical Center, South Korea. He is the head of orthopedic and neurosurgery department of Najran University Hospital, K.S.A. He has been serving as an editorial board member of some reputed journals.