Intra-lesional Autologous Platelets Rich Plasma Injection Compared to Corticosteroid Injection for Treatment of Chronic Plantar Fasciitis

Shavan K Omer (MBChB)¹ and Zainab Abdu lwahhab (MBChB, FICMS)²

Abstract

Background: Injection of autologous blood can stimulate a healing response in chronic tendon disorders.

Objective: To comparing the effectiveness of intralesional autologous plasma with intralesional corticosteroid injection for treatment of plantar fasciitis.

Patients and Methods: Sixty-one adult patients presented to the orthopedic clinic in Erbil Teaching Hospital from 1st of January, 2015 to 31st of December, 2015, with chronic proximal plantar fasciitis were included in this study. They were allocated into two groups, group A, the autologous plasma group (30 patient), and group B, the corticosteroid group (31 patients). Pain severity was assessed depending on visual analogue scale scores before treatment and at 2 weeks, 1 month, and 3 months after treatment.

Results: At first week and first month after treatment the pain reduction was significantly higher among corticosteroid group (P = 0.012 and 0.010, respectively). While at third month after treatment there was no significant difference in pain reduction (P = 0.11). Reduction in visual analogue scale scores for both groups was significant over time (p < 0.001). However, the corticosteroid group showed an earlier sharp drop and a plateau in average pain levels at the lower end of the scale as early as 2 weeks.

Conclusion: Intralesional autologous plasma injection was effective in lowering pain and tenderness, although not as quicker than and as effective as the corticosteroid.

Key words: Intralesional Injections, Visual Analogue Scale, Autologous Plasma, Corticosteroids.

Corresponding Author: Shvan.khattab@gmail.com

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¹Erbil Teaching Hospital- Erbil – Iraq.
²College of Medicine- Hawler medical university- Erbil-Iraq.