

Current Evidence Based On The Clinical Applications Of Platelet-Rich Plasma In Sports Medicine

Dr Benedict F. D. Valdecanas

*President, Philippine Orthopaedic Association for Sports Medicine
Chairman, Department of Orthopaedics, Cardinal Santos Medical Center*

Platelet-rich plasma, or PRP, injections have been gaining popularity as an addition to a sports clinician's armamentarium of non-invasive procedures to address musculoskeletal conditions. However due to its relative simplicity and the recent upsurge in the technology and equipment involved in performing it, the indications for its use has been stretched beyond the scientific evidence supporting it. The current peer-reviewed publications will be presented in an attempt to define the indications for which PRP injections as a means of treating musculoskeletal conditions and sports injuries should be limited to. Like any other medical procedure, abuse of its applications will increase the risk of discrediting the said technique. Furthermore, specialty societies governing the practice of sports medicine should consider including it in their clinical practice guidelines (CPG) so as to delineate actual accepted diagnoses for which this promising technologic advancement may be ethically used.