

# **Treatment Of Persistent Pain And Functional Limitation After Arthroscopic Supraspinatus Repair, Subacromial Decompression And Acromioplasty With Platelet-Rich Plasma: A Case Series**

**Fakhrizzaki S, Ng BW, Fakhrulsani AH**

*Department of Orthopaedic, Hospital Melaka*

## **Introduction**

The clinical outcome of arthroscopic supraspinatus repair, subacromial decompression and acromioplasty is well established. Recurrent defects after repair have been reported to occur in up to 24% of cases and these patients often complain of pain and functional limitation during follow-up. The use of platelet-rich plasma intra-operatively during arthroscopic surgery have been studied but have not shown consistent result. We explore the benefits of platelet-rich plasma used post-operatively in the form of ultrasound-guided injection to improve pain and functional outcome.

## **Methods**

Three of our patients with residual pain and functional limitation six months after supraspinatus repair, subacromial decompression and acromioplasty underwent ultrasound-guided injection of platelet-rich plasma (PRP) to the area of persistent tendinosis. Pain score and shoulder function were evaluated using the Visual Analog Score (VAS) and University of California at Los Angeles score (UCLA) respectively. These scores were evaluated prior to surgery, six months after surgery and six months after administration of PRP.

## **Results**

All three patients showed significant improvement in their VAS and UCLA scores after ultrasound-guided injection of platelet-rich plasma. No analgesics were prescribed.

## **Conclusion**

Further study is needed to establish the role of platelet-rich plasma in treating residual pain and functional limitation after surgical supraspinatus repair, subacromial decompression and acromioplasty.