

Addition of lignocaine to platelet rich plasma enhances symptomatic relief in the osteoarthritis of the knee: results from 50 cases

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Introduction: Osteoarthritis is the fourth leading cause of disability. Knee osteoarthritis (OA) accounts for more than 80% of the disease burden. With the increasing life expectancy and changes in lifestyle, the prevalence of osteoarthritis is increasing with 100% increase in prevalence of knee osteoarthritis since the mid-20th century.

Methods: The prospective interventional study involved 50 cases and their functional outcome of platelet rich plasma (PRP) lignocaine mixture in osteoarthritis of the knee were assessed by VAS (Visual Analogue Score) and WOMAC (Western Ontario and McMaster Universities Osteoarthritis Index) score. Patients were administered three doses of intra-articular PRP-Lignocaine mixture and were followed up till six months. The cases of knee OA were radiologically classified by the Kellegren Lawrence Grade, and the functional outcome was assessed by the VAS and WOMAC score on their follow-up visit.

Results: A significant range of change in pre-treatment WOMAC score at 1 week to 6 months, which was 9.85% to 24.84%. Changes in WOMAC score at all the follow up visits were statistically significant ($p < 0.001$). A subsequent decline in pre-treatment VAS score (Pain) was also observed at follow up visits at 1 week (1.15 ± 0.69 ; 18.18%), 3 months (2.07 ± 1.03 ; 32.63%) and 6 months (2.29 ± 1.29 ; 36.14%) respectively. Changes in pre-treatment pain (VAS score) were found to be highly significant at all periods of observation.

Biography

Varun Kumar Agarwal pursued his graduation as an Orthopaedic Surgeon from Indira Gandhi Medical College and Hospital, Shimla, India. He completed his Fellowship training in Spine Surgery from Fribourg, Switzerland and is a AOSpine Fellow - Bombay Hospital, Mumbai, India. Currently, he is working at the Rohilkhand Medical College and Hospital, Bareilly, India.

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