

CLINICAL OUTCOMES OF NON-OPERATIVE TREATMENT OF De Quervain's TENOSYNOVITIS WITH USE OF PLATELET RICH PLASMA

Dr AHMAD FARAZ, DR NOAH KHAN

INTRODUCTION:

De Quervain tenosynovitis is a disorder of first dorsal compartment of wrist that causes pain and functional disability managed by platelet-rich plasma

OBJECTIVE :

To determine efficacy of intralesional injection of platelet rich plasma in patients of De Quervain's Tenosynovitis

MATERIALS & METHODS:

This is a descriptive case series conducted over 6 months ,100 patients were included was obtained after centrifugation , received intralesional injection plus oral non-steroidal anti-inflammatory drugs

RESULTS:

57 males and 43 females with mean age of 41.26 ± 11.26 years, 53(53%) were diabetic. Efficacy of treatment was seen among 85(85%) patients, whereas Intralesional platelet rich plasma had. No significant association was noticed between gender of patients and efficacy of Intralesional injection of platelet rich plasma (p -value=0.756). Efficacy of Intralesional injection of platelet rich plasma was not dependent on the diabetic status of the patients (p -value=0.556). Efficacy of Intralesional injection of platelet rich plasma was not dependent on duration of start of symptoms of patients. i.e. (p -value=0.978).

CONCLUSION:

We conclude that Intralesional injection of platelet rich plasma can be effectively used for de Quervain's tenosynovitis.