

Treatment of symptomatic degenerative intervertebral discs with autologous platelet-rich plasma: follow-up at 5–9 years

Jay's comment, risk of infection and a pic line with IV antibiotics for months is high, up to 10%!

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Abstract

Aim: This study assessed pain and function at 5–9 years postinjection in a subset of patients who received intradiscal platelet-rich plasma (PRP) injections for moderate-to-severe lumbar discogenic pain. **Patients & methods:** All patients received injections of intradiscal PRP in a previous randomized controlled trial. Data on pain, function, satisfaction, and need for surgery were collected at one time point of 5–9 years postinjection and compiled with existing data. **Results:** In comparison to baseline, there were statistically significant improvements in pain and function ($p < 0.001$). All improvements were clinically significant. Six patients had undergone surgery during the follow-up period. **Conclusion:** This subset of patients demonstrated statistically and clinically significant improvements in pain and function at 5–9 years postinjection.

Keywords:

- [autologous PRP](#)
- [degenerative disc disease](#)
- [intervertebral disc degeneration](#)
- [long-term outcomes](#)