

An analysis of available studies suggests that platelet-rich plasma (PRP) therapy for knee, elbow, and tendon injuries produced better, long-lasting improvements than surgical or steroid treatments for some patients. The findings are published in *The Journal of the American Osteopathic Association* (JAOA). Statistically significant improvements were also observed in patients with knee pain caused by osteoarthritis as well as those suffering from other musculoskeletal disorders involving knees, elbows, and tendons.

PRP is considered a controversial therapy, in part because only a few small clinical trials have been conducted. The study, conducted by researchers from the Department of Physical Medicine and Rehabilitation at the University of Miami Miller School of Medicine, analyzed those trials and found PRP, a form of regenerative medicine, reduced pain and improved function better than steroid treatment over longer periods of time. In some trials reviewed, patients showed sustained improvements at 1 and 2 years post-treatment.

A news release on the findings, with link to the journal article, may be read [here](#).