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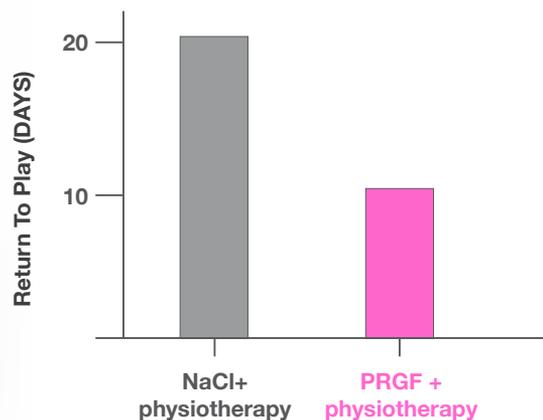
HAMSTRING MUSCLE INJURY

PLATELET-RICH PLASMA IN HAMSTRING MUSCLE INJURIES IN PROFESSIONAL SOCCER PLAYERS: A PROSPECTIVE BLIND RANDOMIZED CONTROLLED TRIAL



THE USE OF ENDORET[®] TECHNOLOGY EXERTS A BENEFICIAL EFFECT ON PAIN RELIEF AND ALLOWS RETURN TO PLAY IN HALF THE TIME COMPARED TO THE CONTROL GROUP

40 professional soccer players with an ACUTE HAMSTRING INJURY were randomly treated either with NaCl or with Plasma Rich in Growth Factors (PRGF) injections, both associated to rehabilitation to optimize recovery.



AT FOLLOW UP OF 6 MONTHS, NO RE-INJURIES WERE OBSERVED AFTER THE TREATMENT

ABSTRACT

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Platelet-rich plasma in hamstring muscle injuries in professional soccer players. A pilot study.

BACKGROUND

This study evaluated the efficacy of a single injection of Platelet-rich plasma (PRP) in the management of hamstring injuries (grade 2a and 2b according to the British Athletics Muscle Injury Classification) in professional soccer players.

METHODS

Forty professional male soccer players with an acute hamstring injury, verified by MRI, were randomly treated either conservatively (physiotherapy, exercises) or with a combination of conservative methods and injections of PRP.

RESULTS

The time to return to sport (RTS) in the PRP group (11.4 ± 1.2 days) was significantly shorter than in the other group (21.3 ± 2.7 days; $p < 0.05$). There were no episodes of reinjury in both groups at a minimum of 6 months of follow-up.

CONCLUSIONS

The use of PRP exerts a beneficial effect on pain relief and allows earlier return to sport.