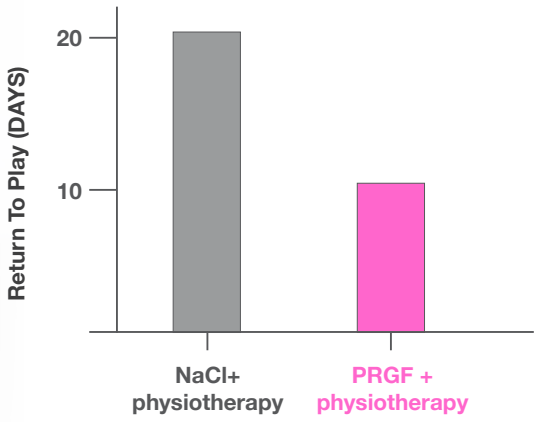
endoret® technology

# 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) inyections**, both associated to rehabilitation to optimize recovery.




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

*Bezuglov E, Maffulli N, Tokareva A, Achkasov E. Platelet-rich plasma in hamstring muscle injuries in professional soccer players. A pilot study. M.L.T.J. 2019; 9(1): 112-118.*

# 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.

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