# Title: Efficacy of Platelet-Rich Plasma (PRP) Injections in Treating Chronic Tendinopathy: A Randomized Controlled Trial

**Author**: Dr. John Doe, Dr. Jane Smith

**Affiliations**: Department of Orthopedics, HealthCare University

### Abstract (300 - 900 word limit)

**Background and Objectives:**  
Chronic tendinopathy is a common orthopedic condition characterized by pain and dysfunction. Traditional treatments often provide limited relief. This study aims to evaluate the efficacy of platelet-rich plasma (PRP) injections in treating chronic tendinopathy compared to standard corticosteroid injections.

**Methods:**  
A randomized controlled trial was conducted with 120 patients diagnosed with chronic tendinopathy of the elbow, knee, or shoulder. Participants were randomly assigned to receive either PRP injections (n=60) or corticosteroid injections (n=60). Pain and functional outcomes were measured using the Visual Analog Scale (VAS) and the Disability of the Arm, Shoulder, and Hand (DASH) score at baseline, 1 month, 3 months, and 6 months post-injection.

**Results:**  
Patients treated with PRP showed a significant reduction in VAS pain scores (mean reduction of 45%) compared to those receiving corticosteroids (mean reduction of 25%) at 6 months. DASH scores also improved significantly more in the PRP group (mean improvement of 35 points) than in the corticosteroid group (mean improvement of 20 points). No major adverse events were reported.

**Conclusion:**  
PRP injections are more effective than corticosteroid injections in reducing pain and improving function in patients with chronic tendinopathy. These findings suggest that PRP may be a viable alternative to traditional treatments. Further research is needed to understand the long-term effects and mechanisms of PRP therapy.

**Recent Publications:**

1. **Smith J, Johnson R (2023)** The Impact of Platelet-Rich Plasma on Chronic Tendinopathy: A Meta-Analysis. *Journal of Orthopedic Research*, 41:456-462.
2. **Chen L, Martin K, Patel N (2023)** Comparative Efficacy of PRP and Corticosteroid Injections in Tendinopathy Patients. *American Journal of Sports Medicine*, 51:789-798.
3. **Anderson P, Gupta R, Lee D (2023)** Long-Term Outcomes of PRP Therapy in Chronic Tendon Injuries. *Clinical Orthopedics and Related Research*, 482:1125-1133.
4. **Brown T, Williams H, Davis E (2023)** Mechanisms of Action and Clinical Benefits of PRP in Orthopedic Treatments. *International Journal of Orthopedic Sciences*, 12:334-342.
5. **Taylor R, White S (2023)** Innovations in PRP Therapy: Implications for Future Orthopedic Practices. *Journal of Clinical Orthopedics*, 58:145-154.

  
 (Participant Image)

**Biography (150 word limit)**

Dr. Doe earned his medical degree from Harvard Medical School, where he also completed his residency in orthopedic surgery. He further specialized in sports medicine and arthroscopic surgery through a fellowship at the Mayo Clinic. Dr. Doe also holds a PhD in Biomedical Engineering from MIT, where his research focused on the biomechanics of joint replacements. Throughout his career, Dr. Doe has made significant contributions to the field of orthopedics, particularly in the areas of minimally invasive surgery and regenerative medicine. He has authored over 100 peer-reviewed articles and several book chapters on various orthopedic topics. His research on the use of platelet-rich plasma (PRP) in treating chronic tendinopathy has been widely recognized and has influenced clinical practices worldwide.

**Author Details:**

* Full Name: XXXX XXXX
* Email:[XXXXXXX@xxxmail.com](mailto:drXXXXXXX@xxxmail.com)
* University/Organization:
* Country:
* Mobile Number:
* Session/Track Name:
* Category (Oral/ Poster/ E-poster / Workshop):
* Contact Address:

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