

# Platelet-rich plasma superior for lumbar facet joint syndrome

December 28 2016

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(HealthDay)—For intra-articular injection autologous platelet-rich

plasma (PRP) and local anesthetic (LA)/corticosteroid are effective, easy, and safe in the treatment of lumbar facet joint syndrome, according to a study published online Dec. 18 in *Pain Practice*.

Jiuping Wu, from Jilin University in Changchun, China, and colleagues randomized 46 patients with lumbar facet joint syndrome into group A (intra-articular injection with PRP) and group B (intra-articular injection with LA/corticosteroid). Outcome assessments were performed immediately after and at one week, one month, two months, three months, and six months after [treatment](#).

The researchers found that, compared with pretreatment, both group A and group B demonstrated statistical improvements in the [pain](#) visual analogue scale score at rest or during flexion, the Roland-Morris Disability Questionnaire, and the Oswestry Disability Index (P

"Both autologous PRP and LA/corticosteroid for intra-articular [injection](#) are effective, easy, and safe enough in the treatment of lumbar facet joint syndrome," the authors write. "However, autologous PRP is a superior treatment option for longer duration efficacy."

**More information:** [Full Text \(subscription or payment may be required\)](#)

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Citation: Platelet-rich plasma superior for lumbar facet joint syndrome (2016, December 28) retrieved 5 May 2024 from <https://medicalxpress.com/news/2016-12-platelet-rich-plasma-superior-lumbar-facet.html>

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