



Current Evidence & Literature Limitations Regarding Platelet Rich Plasma (PRP) for Musculoskeletal (MSK) Pain

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Webinar PRP: Factual, Futile, or Just
Fancy

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PRP MSK Evidence Considerations

- Generally limited evidence of effectiveness due to methodologic issues, potential bias, conflicting results
 - Study design?
 - MSK condition?
 - Agent, # injections, protocol?
 - Outcomes?
 - Potential bias?
 - Systematic reviews in Ovid: elbow 39, shoulder 29, knee 93, ankle 13
- Lack of studies evaluating work comp (WC) populations
- Lack of evidence for use as first level intervention in WC
- Low risk of adverse events (est 2-5% Moraes Cochrane 2014)
- FDA approval = performance and safety similar to other interventions, not necessarily effective

MSK Care Value Based Questions

THE **BACK**LETTER®

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Spending on Back Pain in the US: “Low-Value Care” Or “No-Value Care?”

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The Bleak Evidence on Opioids for Low Back Pain

Opioids have achieved a popularity in the treatment of chronic low back

have a weak evidence base in the management of persistent low back pain. L. E. Chaparro,

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has performed a systematic review of controlled trials of opioids in the management of pain of at least four weeks in adults. (See Chaparro

5 trials embracing a total of 1,000 patients. These examined the



Downloaded from <http://bjsm.bmj.com/> on March 25, 2017 - Published

Spinal Fusion: Poor Outcomes Among Patients on Workers' Compensation

Is spinal fusion surgery a viable treatment for patients with chronic back

fare better with fusion surgery than those with a nonspecific diagnosis (i.e. DDD).

biopsychosocial workers'

Editorials

It is time to stop causing harm with inappropriate imaging for low back pain

Ben Darlow,¹ Bruce B Forster,² Kieran O'Sullivan,³ Peter O'Sullivan⁴



RAPID RECOMMENDATIONS

Subacromial decompression surgery for adults with shoulder pain: a clinical practice guideline

LIPPINCOTT'S **BONE and JOINT**

NEWSLETTER

Vol. 24, No. 7, July-August 2018

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The Newsletter on Musculoskeletal Medicine

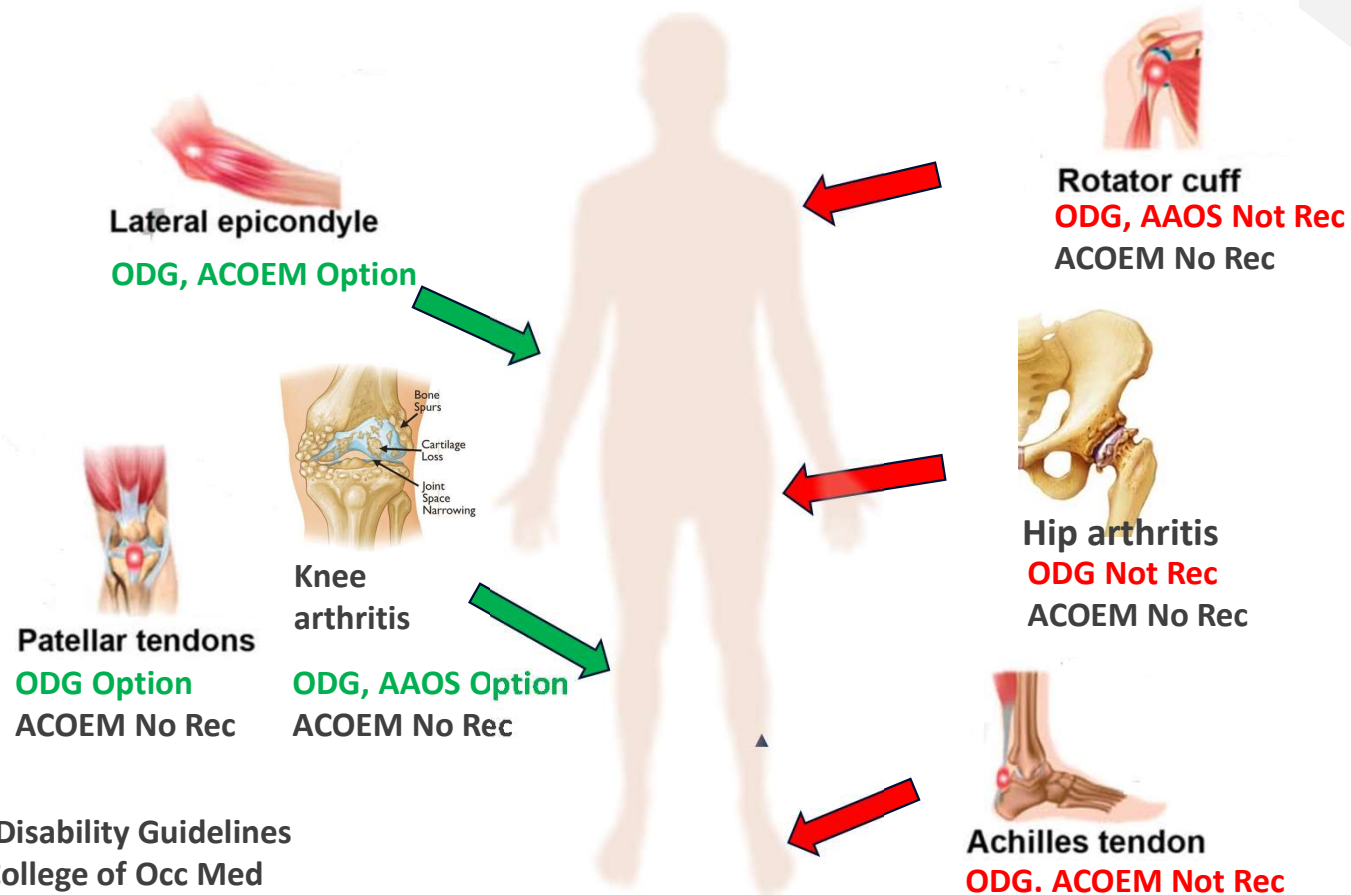
To earn CME credit, you must read the CME articles and complete the quiz and evaluation assessment survey on the enclosed form, answering at least 70% of the quiz questions correctly. This continuing medical education material activity expires June 30, 2020.



Researchers Assert Arthroscopic Partial Meniscectomy No Better Than Placebo Surgery

CME Article by Ellen Hoffmeister

PRP Guideline Recommendations



ODG: Official Disability Guidelines
ACOEM: Am College of Occ Med
AAOS: Am Academy of Ortho Surg

PRP Decision Making

- MSK condition and guideline recommendations
- Patient factors
 - Clinical condition and functional limitations / job demands
 - Age and comorbidities
 - Contraindications
 - Treatment expectations and goals
 - Compliance with rehab and RTW
- Shared decision discussion
 - Proposed treatment, evidence / guideline recommendations
 - Benefits, risks, alternatives
 - FDA off label use
 - Cost

Case

- 50 year old male machinist is being treated for lateral epicondylitis
- He has not improved with 6 months of treatment
 - Tennis elbow support, PT, home exercise program, NSAIDs, and modified duty
- His orthopedist has discussed additional options including
 - Steroid injection
 - PRP
 - Surgery

2022

**Work Related Injuries
Workshop**

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