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## Comparison of Platelet Rich Plasma and Prolotherapy in the Management of Osteochondral Lesions of the Talus: A Retrospective Cohort Study.

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### Author information

### Abstract

**BACKGROUND** Osteochondral lesions of talus (OLT) are among the most common ankle problems. Platelet-rich plasma (**PRP**) and prolotherapy (PrT) are 2 successful injection-based techniques for treatment of chronic musculoskeletal problems. The aim of the present study was to compare **PRP** and PrT injections for the management of OLT. **MATERIAL AND METHODS** This was a retrospective cohort study of 49 patients with OLT symptoms of more than 6 months who had been refractory to 3 months of treatment using conservative methods. The patients were divided into 2 groups: PrT injections (PrT group, n=27) or **PRP** injections (**PRP** group, n=22). The patients were given 3 injections of 4 mL solution into periarticular and intra-articular ankle joint spaces. After treatment, patients were evaluated via Visual Analogue Scale (VAS), American Orthopedic Foot and Ankle Society Score (AOFAS), and Ankle Osteoarthritis Scale (AOS) at baseline and 21-, 90-, 180-, and 360-day follow-up periods. **RESULTS** Both **PRP** and PrT treatments resulted in greater improvement in pain and ankle functions at follow-up periods extending to 1 year ( $P<0.001$ ) and there was no difference between the groups for the outcomes at follow-up periods ( $P>0.05$ ). Excellent or good outcomes were reported by 88.8% of the patients in PrT group and 90.9% of the patients in **PRP** group. **CONCLUSIONS** Both **PRP** and PrT are efficient and safe methods in treatment of OLT. PrT offers advantages of less cost and minimal invasiveness.

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