The efficacy of ultrasound-guided percutaneous needle tenotomy (PNT) versus platelet rich plasma (PRP) with PNT in the treatment of chronic tendinosis

HOSPITAL FOR SPECIAL SURGERY

What is tendinosis?

Tendinosis is a chronic condition where tendons break down, cause pain, and impair function. A tendon is a special type of tissue that connects muscles to bones.

What is percutaneous needle tenotomy?

Percutaneous needle tenotomy, otherwise known as dry needling, involves using a needle to break up tissue that is not functioning the way it is supposed to. By doing this, dry needling can possibly give a chronic injury enhanced healing capability.

What is platelet rich plasma?

Platelet rich plasma is prepared from your own blood and contains high amounts of growth factors that can also possibly help heal chronically worn tendons.

Why is this study being done?

This study is investigating how effective percutaneous needle tenotomy and platelet rich plasma injections are at improving pain and function related to chronic tendinosis. Hopefully, information gained from this study will help us design a larger study in the future to further improve how we treat damaged tendons.

What does participation require?

This study involves two treatment groups: PNT with PRP injection and PNT only. You will have a 50/50 chance of receiving PNT or PNT with a PRP injection for your damaged tendon. In order to make our results as accurate as possible, you will not know what treatment you received for the full length of your participation in this study (2 years). On the day of your injection as well as 2 weeks, 4 weeks, 6 weeks, 2 months, 3 months, 6 months, 9 months, 1 year, and 2 years after the procedure, you will be asked to complete a questionnaire that will help us understand how much pain and shoulder function you have. Each questionnaire takes about 15 minutes to complete. You will also be asked to return for an office visit with Dr. Kirschner 4 weeks after the procedure.

If you are interested in participating or would like more information about the study, please contact the Department of Physiatry Research Assistant:

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