The efficacy of ultrasound guided glenohumeral joint injections of platelet rich plasma (PRP) versus hyaluronic acid (HA) in the treatment of glenohumeral osteoarthritis: a randomized, double-blind control trial.

HOSPITAL FOR SPECIAL SURGERY

What is glenohumeral osteoarthritis?

Glenohumeral osteoarthritis is a condition that occurs when your shoulder cartilage is damaged or worn down and causes your shoulder joint to become inflamed. This degenerative process often starts with an injury that gradually makes your shoulder more painful and stiff over the course of several months or years. This pain and loss of function can usually be controlled with physical therapy, medications such as Advil or Tylenol, and corticosteroid injections if needed. However, if several months of conservative therapy do not provide relief, shoulder surgery may be necessary.

What is platelet rich plasma (PRP)?

PRP is prepared from your own blood and contains high amounts factors that can stimulate healing and reduce inflammation.

What is hyaluronic acid (HA)?

HA is a naturally occurring lubricant in your shoulder joint that helps preserve healthy cartilage and is also potentially anti-inflammatory.

Why is this study being done?

This study is investigating how effective platelet rich plasma (PRP) and hyaluronic acid (HA) injections are at improving symptoms associated with glenohumeral osteoarthritis. These two treatments are options for cases of glenohumeral osteoarthritis that have not improved with more traditional conservative therapy, but are not ideal for surgical intervention. There are no other published studies that compare how effective PRP and HA injections are for glenohumeral osteoarthritis. By participating in this study, you will help us expand the literature on conservative treatments for glenohumeral osteoarthritis.

What does participation require?

You will have a 50/50 chance of receiving an injection of PRP or HA to your shoulder joint. In order to make this study as accurate as possible, you and the physician who will be treating you will not know what treatment you received for the full length of your participation in this study (6 months). On the day of your injection as well as 1, 2, 3, and 6 months after your injection, 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.

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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