

Newsletter

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www.desertspineandsports.com



DSSP | dedicated to the diagnosis and non-surgical treatment of spine, sports, and musculoskeletal pain and injury.

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Spine & Sports Research

DSSP holds a monthly journal club to review the latest research in spine and musculoskeletal care. If you would like to attend, please email us at info@desertspineandsports.com.

Treatment With Platelet-Rich Plasma Is More Effective Than Placebo for Knee Osteoarthritis - S Patel et al *Am J Sports Med* 2013 41: 356.

This study of 78 patients with bilateral OA found that a single dose of PRP alleviated symptoms in early knee OA compared with saline. The researchers reported statistically significant improvements in pain, stiffness, & physical function within 2-3 weeks of injection and lasting until final follow-up at 6 months.

Comparison Between Hyaluronic Acid and PRP, Intra-articular Infiltration in the Treatment of Gonarthrosis - F Cerza et al *Am J Sports Med* 2012 40: 2822

This study of 120 patients with knee OA found PRP led to a better outcome than HA. Treatment with PRP had a statistically significant effect on WOMAC scores shortly after final infiltration AND a continuously improving sustained effect up to 24 weeks where the clinical outcomes were better compared with HA.

TAKE HOME POINT: PRP is an effective option for knee OA. Contact DSSP to learn more about PRP for your patients.

TOP DOCS

Physical Medicine and Rehabilitation and Pain Management



From 2007-2014

We Perform

- ▶ Comprehensive Musculoskeletal Evaluations
- ▶ Spine Injections Under Fluoroscopy
- ▶ Joint, Tendon and Bursa Injections
- ▶ Ultrasound-Guided Injections and PRP Therapy
- ▶ Electrodiagnostic Testing
- ▶ Individualized Physical Therapy Planning

We Treat

- ▶ Back and Neck Pain
- ▶ Herniated Discs
- ▶ Sciatica/Radiculopathy
- ▶ Spinal Stenosis
- ▶ Compression Fractures
- ▶ Sports Injuries
- ▶ Musculoskeletal Pain
- ▶ Osteoarthritis
- ▶ Tendonitis/Bursitis

Desert Spine & Sports Physicians | Phoenix & Mesa

Both locations now offer the full spectrum of non-surgical pain treatments including on-site physical therapy and procedure suites for fluoroscopically-guided spine and joint procedures.

Desert Spine and Sports Physicians is dedicated to the diagnosis and non-surgical treatment of spine, sports, and musculoskeletal pain and injury. As board-certified specialists in Physical Medicine and Rehabilitation (PM&R) with additional board-certification in Pain Management, we specialize not only in relieving pain but also in maximizing function. We are dedicated to improving the quality of lives of all patients across the lifespan with comprehensive, compassionate, and innovative medical care.

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