

Autologous Platelet Rich Fibrin versus Steroid in Ultrasound-Guided Sacroiliac Joint Injection for Joint Dysfunction: Randomized Comparative Study

Abstract:

Background:

Sacroiliac joint (SIJ) discomfort is frequently treated with steroids, although the alleviation is only momentary. The use of platelet-rich fibrin (PRF) may aid in tissue healing and prolong the relief of pain. Our objective is to compare the analgesic effect of a single injection autologous platelet rich fibrin and the commonly used steroid in ultrasound guided intraarticular sacroiliac joint injection.

Methods:

This randomized clinical investigation was conducted at Department of Anesthesiology and Pain Management of Fayoum University hospitals. The study was conducted on 94 adult patients with sacroiliac joint dysfunction upon positive diagnostic test. All patients were randomized into 2 equal groups randomly chosen to get either ultrasound guided PRF (Group P, n=47) or Steroid (Group S, n=47).

Results:

VAS Score immediately after injection in Group P had mean \pm SD = 7.51 ± 0.78 while in Group S the VAS Score immediately after injection had mean \pm SD = 5.91 ± 0.54 with highly statistical significant difference ($p = <0.00$) between the two groups, while at 6 month VAS score had mean \pm SD = 3.51 ± 0.78 in Group P versus mean \pm SD = 4.68 ± 0.63 in group S with highly statistical significant difference

($p < 0.001$) between the two groups. And no significant difference in ODI at 1, 6 month.

Conclusions:

When SIJ is involved in low back pain, the intra-articular PRF injection is an efficient therapy option.