

The Use of PRP in the Spine-RCTs as of 2023

PRP and other platelet products like platelet lysate have been used in the spine since 2005, starting with Regenexx. The goal of this infographic was to summarize published RCTs as of July 2023. The US National Library of Medicine was searched using PubMed for RCTs using the term “Platelet Rich Plasma” and various spinal specific spine search terms. The results are indexed below. While the Zielinski/Jordan study was initially included in this infographic, additional analysis demonstrated that this study used PRP + Protein Concentrate so it was omitted. Each square contains a study link to a PubMed RCT and the author’s name, number of patients studied, and the length of the follow-up (if the author published follow-up studies, the ultimate length of follow-up is reported). Yellow means a positive result and red signifies that the PRP didn’t beat the comparator. For permission to use this infographic, please send an email to centenooffice@centenoschultz.com.

Lumbar Discogenic Pain

Lutz
n=47
5+ yrs

Lumbar Radiculopathy

Wong...
n=30
6 mo

Saraf
n=60
6 mo

Bise
n=60
6 wks

Singh
n=42
6 mo

SI Joint Pain

Chen
n=26
6 mo

Singla
n=40
3 mo

Lumbar Facet Pain

Kotb
n=30
6 mo

Wu
n=46
6 mo

