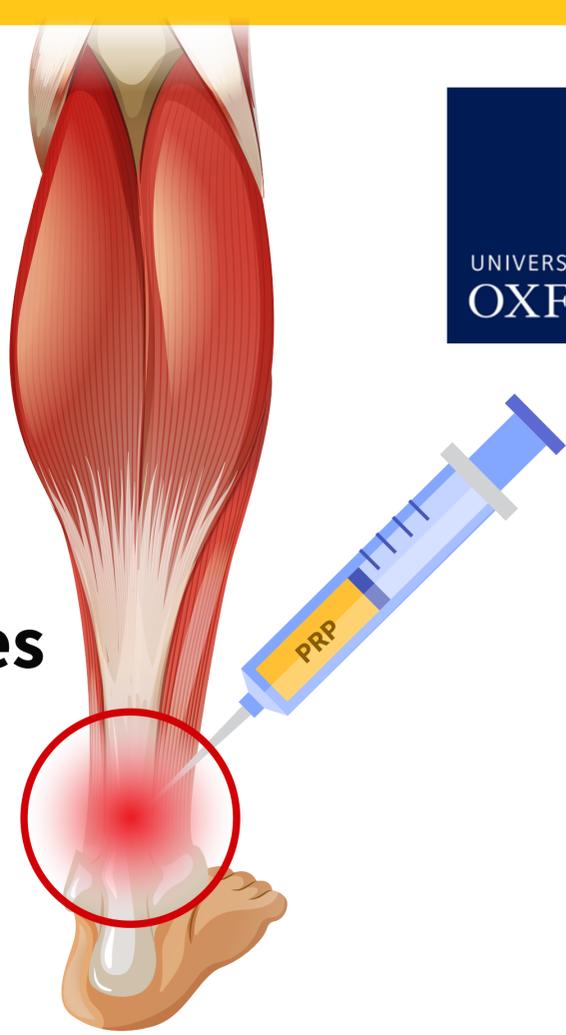


Does an injection of platelet rich plasma (PRP) improve outcomes after acute Achilles tendon rupture?

Platelet rich Plasma in Achilles Tendon Healing 2 (PATH-2) trial



Who Took Part



Adults aged 18 years and over



Acute Achilles tendon rupture



Managed with non-surgical treatment

Study Details



19

Hospital sites across the UK.



230

Participants were recruited to the study.



Treatment given

Randomisation used to allocate participants to receive either a **PRP injection** or a **Placebo injection**, along with standard rehabilitation.

Patients taking part did not know what type of injection they received.



Outcomes measured

The main outcome was muscle-tendon function measured by the heel-rise endurance test (HRET) after **24 weeks**.

Patient-reported function, pain, quality of life, and other recovery outcomes were assessed at 4, 7, 13 and 24 weeks, and also at two-years.



6 month follow-up

202 (88%) participants completed the heel rise endurance test and 216 (94%) the patient reported outcomes at 24 weeks.



2 year follow-up

Two-year questionnaires sent to 216 participants, 182 (84%) were completed.

Key Findings

No evidence to indicate that injections of platelet rich plasma improve muscle-tendon function, or that they offer any patient benefit.