**EFFECT OF PLATELET-RICH PLASMA INJECTIONS VERSUS PLACEBO ON ANKLE SYMPTOMS AND FUNCTION IN ANKLE OSTEOARTHRITIS: A RANDOMIZED CLINICAL TRIAL**

1Liam Paget*, 2Gus Reurink, 3Robert-Jan de Vos, 4Adam Weir, 5Maarten Moen, 6Sita Bierna-Zeitstra, 7Spierd Stuikens, 8Gino Kerkhoffs, 9Johannes Tal, 10Amsterdam UMC, University of Amsterdam, Department of Orthopedic Surgery, Amsterdam Movement Sciences, Academic Center for Evidence-based Sports medicine (ACES), Amsterdam Collaboration for Health and Safety in Sports (ACKS), AMC/VUmc IOc Research Center, Netherlands; 2Department of Orthopedic Surgery and sports medicine, Erasmus MC University Medical Center, Netherlands; 3Department of Sports Medicine, Bergman Clinics, Netherlands

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**Introduction** There is a lack of effective non-surgical interventions for ankle osteoarthritis. Platelet-rich plasma (PRP) injections are widely used and reported to be beneficial for knee osteoarthritis. We evaluated the efficacy of PRP injections in the management of ankle osteoarthritis.

**Materials and Methods** In this six-center stratified, block-randomised, double-blind, placebo-controlled trial design we randomly assigned 100 patients to two treatment groups: PRP versus Placebo (saline) injected intra-articular. Patients had talocrural joint space narrowing. The primary outcome measure was the American Orthopaedic Foot and Ankle Society (AOFAS) score at 26 weeks follow-up. Secondary outcome measures included multiple Patient Related Outcome Measures assessing pain, function and quality of life.

**Results** A total of 48 patients were randomized to the PRP-group and 52 patients to the placebo-group. No patients were lost to follow-up for the primary outcome. Compared to baseline, the mean AOFAS score improved by 10 points in the PRP group (from 63 to 73 points; 95% CI: 6 to 14; p<0.001) and 11 points in the placebo group (from 64 to 75 points; 95% CI: 7 to 15; p<0.001). The adjusted between-group difference over 26 weeks was -1 point (95% CI, -6 to 3; p=0.56). No between group differences were seen for any of the secondary outcome measures. There was one serious adverse event in each group unrelated to the study intervention.

**Conclusion** In patients with ankle (talocrural) osteoarthritis intra-articular PRP injections compared with placebo injections, did not significantly improve ankle symptoms and function over 26 weeks.

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**ARE PATIENTS SATISFIED? A SYSTEMATIC REVIEW AND META-ANALYSIS OF EXERCISE THERAPY IN THE MANAGEMENT OF TENDINOPATHY**

1Joanna Shim*, 2Anastasia Pavlova, 3Rachel Moss, 4Colin MacLean, 5David Brandle, 6Laura Mitchell, 7Eva Parkinson, 8Leon Greig, 9Dylan Morrissey, 10Lyndsay Alexander, 11Lyndsay Cooper, 12Paul Swinton, 13School of Health Sciences, Robert Gordon University, UK; 14Library Services, Robert Gordon University, UK; 15Sport UK; 16NHS Grampian, UK; 17Centre for Sports and Exercise Medicine, Barts and the London School of Medicine and Dentistry, UK

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**Introduction** Patient satisfaction is consistently associated with improved health outcomes and higher quality of life. However, its relationship to tendinopathy outcomes is underexplored. The purpose of this systematic review and meta-analysis was to synthesise intervention data investigating patient satisfaction and self-perceived improvement or deterioration following engagement in exercise therapy for the management of tendinopathy.

**Materials and Methods** A search of controlled trials investigating exercise therapy interventions across all tendinopathies was made extracting data assessing patient rating of overall condition. Outcomes were split into those measuring satisfaction (binary) and those measuring global rating of change (GROC). Bayesian hierarchical models were used to meta-analyse proportions and mean effect size (percentage of maximum) for the two outcome categories.

**Results** From a total of 218 studies investigating exercise therapy for tendinopathy, 22 studies (Achilles: 40.9%, patellar: 22.7%, rotator cuff: 18.2%, elbow: 13.6% and gluteal: 4.5%) provided sufficient information to be meta-analysed. The data comprised of 35 treatment arms and 796 participants. The pooled estimate of the proportion of positive satisfaction (43 outcomes from 19 studies) was equal to 61.3% [95%CrI: 55.3–77.2], and the pooled estimate of percentage of maximum GROC (17 outcomes from 4 studies) was equal to 52.1% [95%CrI: 39.1–65.2].