

Medical Affairs Policy & Procedure

Title/Service: Platelet Injections for Tendonitis (Platelet Rich Plasma Injections, PRP)

Revised	
Reviewed	04/28/10, 09/16/2011
Developed	04/28/10
Policy Committee Approval	09/16/2011

Description:

Injection of autologous blood and blood products to promote healing in individuals with tendonitis due to overuse.

Indications of Coverage:

None

Limitations of Coverage:

- A. Review contract and endorsements for exclusions and prior authorization or benefit requirements.
- B. Platelet injections for any condition are considered investigational as there is insufficient peer-reviewed scientific literature supporting the effectiveness of this treatment.

Documentation Required:

- Office notes
- Procedure report

Rationale:

Tendonitis is a painful condition of the tendons, frequently caused by overuse. The tendons most commonly affected are those of the elbow, shoulder, knee, and heel.

Conservative therapy, including rest and anti-inflammatory medications, is the primary treatment. When the symptoms cannot be managed with conservative therapy alone, other treatments, including physical therapy, bracing, and the injection of anesthetic and/or steroid may be utilized. Recently, injections of blood and platelets have been utilized for this condition. It is thought that the injection of blood or platelets may

stimulate healing. Currently, there is minimal peer-reviewed scientific literature supporting the effectiveness of the treatment or demonstrating superior long-term benefit when compared with standard treatments.

References:

1. de Jonge S, de Vos RJ, Weir A, van Schie HT, Bierma-Zeinstra SM, Verhaar JA, Weinans H, Tol JL. One-Year Follow-up of Platelet-Rich Plasma Treatment in Chronic Achilles Tendinopathy: A Double-Blind Randomized Placebo-Controlled Trial. *Am J Sports Med.* 2011 Aug; 39(8):1623-9.
2. de Vos RJ, van Veldhoven PL, Moen MH, Weir A, Tol JL, Maffulli N. Autologous growth factor injections in chronic tendinopathy: a systematic review. *Br Med Bull.* 2010 Mar 2.
3. Paoloni J, De Vos RJ, Hamilton B, Murrell GA, Orchard J. Platelet-rich plasma treatment for ligament and tendon injuries. *Clin J Sport Med.* 2011 Jan;21(1):37-45.
4. Rabago D, Best TM, Zgierska AE, Zeisig E, Ryan M, Crane D. A systematic review of four injection therapies for lateral epicondylitis: prolotherapy, polidocanol, whole blood and platelet-rich plasma. *Br J Sports Med.* 2009 Jul; 43(7):471-81.

Approved by the Medical Director