

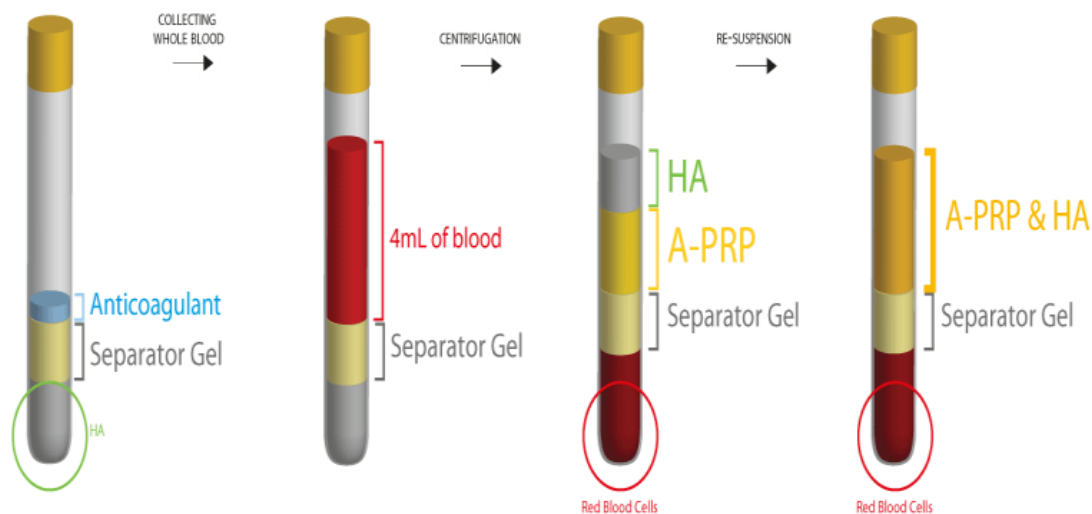
PRP AND HYALURONIC ACID. ARE THEY BETTER WHEN MIXED TOGETHER?

Knee osteoarthritis is a chronic condition affecting the knees. Sometimes known as wear and tear it can have massive implications for patients with day-to-day activities. Usually a condition of the old, it is becoming more frequent in the young with sporting injuries, arthroscopic surgery and obesity making it more prevalent in this age group.

We have used Platelet Rich Plasma (PRP) for over 16 years in our clinic and Hyaluronic Acid (HA) for 23 years to treat Knee Osteoarthritis safely. Combining the two can be useful. To recap:

PRP is the process of taking one's own blood (30-60ml) and separating the platelet layer from the red cells. This is then injected into the knee joint under ultrasound in a safe and sterile manner. There are over 16 high level studies that show [PRP reduces pain and improves activity in sport with patients that have knee osteoarthritis](#).

Hyaluronic Acid is a natural substance produced in joints and useful for lubricating and helping cartilage absorb stress and load. Knees with osteoarthritis tend to have less HA. Injecting HA into knees is [safe and beneficial](#) in reducing pain.



Combining PRP and HA appears to be a far superior way to treat some types of knee osteoarthritis. A [few studies have shown the combined treatment is better than HA treatment alone over 12 months](#). Whilst the authors have not divided knee osteoarthritis into the different subgroups, we feel the combination should be reserved with those patients that have patellofemoral joint OA and Lateral compartment OA. We use a commercial product that has HA and PRP in one tube or this can be performed separately depending on the size of the joint.

Dr Ibrahim performs PRP and HA combined injections. These are office-based injections performed under ultrasound for maximum effect and accuracy.