PRP 治疗膝关节骨关节炎对疼痛程度的影响分析

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【摘　要】：**目的：**分析膝关节骨关节炎患者采取富血小板血浆（PRP）治疗对患者疼痛程度的影响。**方法：**采取随机数字表法将于本院 2021 年 9 月-2022 年 9 月期间收治的 100 例膝关节骨关节炎患者进行分组，其中一组设为参考组（n=50），本组接受透明质酸钠治疗；另一组为实验组（n=50），本组采取 PRP 治疗。以疼痛评分、膝关节功能（WOMAC）、关节炎指数评价两组治疗效果。**结果：**实验组治疗后 1 个月、3 个月以及 6 个月的疼痛评分、WOMAC 评分关节炎指数明显要比参考组较低（P＜0.05）。**结论：**在膝关节骨关节炎患者采取富血小板血浆（PRP）治疗效果明显，能够较好地减轻患者疼痛，降低其关节炎指数，提高其膝关节功能。由此可见，该治疗方法值得在临床上推广应用。
【关键词】：富血小板血浆（PRP）；膝关节骨关节炎；疼痛；膝关节功能；关节炎指数

Analysis of the Effect of PRP on Knee Osteoarthritis on Pain Level

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Abstract: Objective: To analyze the effect of platelet rich plasma (PRP) treatment on the pain degree of patients with knee osteoarthritis. Methods: 100 patients with knee osteoarthritis treated in our hospital from 2021 to September 2022 were randomly divided into two groups. One group was set as the reference group (n=50), and this group was treated with sodium hyaluronate; The other group was the experimental group (n=50), which was treated with PRP. The pain score, knee joint function (WOMAC) and arthritis index were used to evaluate the treatment effect of the two groups. Results: The arthritic index of pain score and WOMAC score in the experimental group was significantly lower than that in the reference group at 1 month, 3 months and 6 months after treatment (P<0.05). Conclusion: Platelet rich plasma (PRP) is effective in the treatment of knee osteoarthritis, which can better relieve pain, reduce arthritis index and improve knee function. It can be seen that this treatment method is worth popularizing and applying in clinical practice.
Keywords: Platelet-rich plasma (PRP); Knee osteoarthritis; Pain; Knee function; Arthritis index

64.21 ± 2.54]

[n=50 26 24

[1] 56-74 64.35 ± 2.65] PRP

P 0.05

[2]

PRP 1.2

1.2.1

1 资料与方法

1.1

2021 9 -2022 9

100

[n=50 27 23 58-78 20ml

2.5ml 5

3 4 48

1.2.2

PRP

1 PRP Landesberg PRP

60 6

5 20

2000

10

3mm

2

1.3

1.3.1

1 3 6

VAS

1.3.2

1 3 6

WOMAC

1.3.3

1 3 6

1.4

SPSS 23.0 $\bar{x}$

± s *t* %

χ^2 *P* 0.05

2 结果

2.1

1

P 0.05 1 3

6 *P* 0.05

1 $\bar{x} \pm s$

			1	3	6
	50	7.65 ± 1.24	5.43 ± 1.27	3.46 ± 0.43	2.15 ± 0.16
	50	7.68 ± 1.54	6.57 ± 1.43	4.58 ± 0.67	3.76 ± 0.34
t	-	0.107	4.215	9.947	30.296
P	-	0.914	0.001	0.001	0.001

2.2

38.75 ± 2.34 1 22.45

± 2.37 3 18.43 ± 2.54 6 11.32

± 0.34 38.46 ± 2.68 1

28.79 ± 2.54 3 22.43 ± 2.46

6 15.43 ± 0.79 *t* *t*=0.576 *P*=0.565

1 *t*=12.905 *P*=0.001 3 *t*=7.999

P=0.001 6 *t*=33.791 *P*=0.001

WOMAC *P* 0.05

1 3 6 WOMAC

P 0.05

2.3

45.65 ± 2.67 1 35.43

± 2.58 3 21.43 ± 2.37 6 12.68

± 0.54 45.67 ± 2.56 1 38.76

± 2.43 3 27.65 ± 2.76 6 22.43

± 1.47 *t* *t*=0.038 *P*=0.969

1 *t*=6.643 *P*=0.001 3 *t*=12.089 *P*=0.001

6 *t*=44.023 *P*=0.001

P 0.05

1 3 6

P 0.05

3 讨论

[3]

[4]

PRP

[5]

PRP

[6] PRP

I

PRP [7]

PRP

PRP

[8] 1

3 6 WOMAC

P 0.05 PRP

PRP

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