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## Effect of platelet rich plasma on healing of autologous graft following ACL reconstruction

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**Statement of the Problem:** The Anterior Cruciate Ligament (ACL) is one of the most commonly injured ligaments of knee. Nowadays PRP is used in orthopedic surgery as a synergistic agent in the treatment of different bone pathologies, including bone repair, ligament reconstructions, and treatment of non-union of fractures of long bones. Platelets are renowned as the major sources of healing factors within blood clots, the idea that concentrating them at the injured site could somewhat accelerate and optimize the healing mechanisms set the rationale for the development of PRP.

**Methodology & Theoretical Orientation:** It is an on-going randomized control study started from July 2018 in which autologous PRP is being given to first group at graft bone interface intra-operatively and standard treatment without PRP will be given to second group after randomization. MRI findings are evaluated after 6 months by a consultant radiologist who is blinded to the study with observation of the synovial fluid at tunnel-graft interface and ligamentization: Graft signal pattern.

**Findings:** Till now 17 patients have been assessed with follow up MRI evaluation at 6 months following the ACL reconstruction, of which PRP was used for 9 patients. 55.5% (5/9) patients in which PRP was used showed adequate healing of the graft. 37.5 % (3/8) patients in which PRP was not used showed adequate healing.

**Conclusion & Significance:** PRP seems to be increasing the rate of ACL healing according to this study, though more research is needed to support the above outcome.

### Biography

Kishor Munde is working as a resident at AIIMS, Jodhpur. An avid reader and philanthropist by passion, he has worked in several medical camps for outreaching to poor people deprived of medical services. A voracious campaigner for blood donation camps, he aims at improving medical care standards in rural India and visions for healthy world.

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