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## Platelet-Rich Plasma Injections Versus Surgery for Treating Lateral Epicondylitis, Placebo Versus Placebo?


The conclusion of Hardy et al. that platelet-rich plasma (PRP) injections are an alternative to surgery for enthesopathy of the origin of the extensor carpi radialis brevis (eECRB; lateral epicondylitis) is misleading.[1] Enthesopathy of the eECRB is a self-limited condition.[2] You could treat it with anything or nothing and people will feel better. There are other nonspecific effects, such as regression to the mean and placebo effects. Comparisons of surgery to simulated surgery (placebo) or to treatments have shown to be no better than placebo.[3–5]

Two recent meta-analyses concluded that PRP injections were no better than placebo.[6,7]

On the basis of the available evidence, the more accurate conclusion may be that neither PRP treatment nor surgery are superior to placebo.

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