

Oregon Workers' Compensation Division Medical Advisory Committee Updated Recommendation Regarding Platelet Rich Plasma (PRP) Injections

October 18, 2024

Summary:

The Medical Advisory Committee of the Workers' Compensation Division researched and analyzed whether Platelet Rich Plasma Injections should be a compensable medical service.

After conducting a thorough literature review and determining the most persuasive studies, the committee concluded that Platelet Rich Plasma Injections should be a **compensable** medical service for:

- Knee: Osteoarthritis pain, chondral surface injury and non-operative partial thickness meniscal tears after failure of 3 months of conservative care, which may include a standard course of physical therapy.
- Elbow: Lateral and medial epicondylitis after 3 months of conservative care, which may include a standard course of physical therapy, proves unsuccessful.
- Shoulder: Shoulder, tendon, bursa, and muscle injuries, including non-operative partial tears and small tears, and adhesive capsulitis after failure of 3 months of conservative care, which may include a standard course of physical therapy.

Finding:

Platelet Rich Plasma Injections should be **compensable**, under certain circumstances because the procedure is:

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| • Scientific | - studies reviewed employed the scientific method |
| • Not outmoded | - is within the current standard of care |
| • Proven | - the evidence demonstrates efficacy in studies |
| • Not experimental | - there is sufficient evidence in studies to reasonably assess |

Recommendation:

- Platelet Rich Plasma Injections should **not** be a **compensable** medical service **unless** they are for:
 - Knee: Osteoarthritis pain, chondral surface injury and non-operative partial thickness meniscal tears after failure of 3 months of conservative care, which may include a standard course of physical therapy.
 - Elbow: Lateral and medial epicondylitis after 3 months of conservative care, which may include a standard course of physical therapy, proves unsuccessful.
 - Shoulder: Tendon, bursa, and muscle injuries, including non-operative partial tears and small tears, and adhesive capsulitis after failure of 3 months of conservative care, which may include a standard course of physical therapy.