

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effects of intraarticular injection of Platelet Rich Plasma(PRP) and corticosteroid on knee osteoarthritis: a randomized clinical trial

Protocol summary

Summary

The goal of this study is the comparison of the effect of PRP and corticosteroid on the treatment of knee osteoarthritis. 40 people, 50 to 75 years old, with pain more than 60mm based on VAS who are referred to Physical Medicine and Rehabilitation clinic, enter to PRP or corticosteroid (Depomedrol) group accidentally. People with coagulopathies, poor controlled diabetes melitus, active infection or malignancy, knee surgery during 3 months ago, any knee injection during 6 months ago, NSAID or ASA intake during 5 days before injection exclude from the study. 25 cc and 5 cc venous blood will be taken from patients of PRP and corticosteroid group respectively. In PRP group the blood will be centrifuged 2 times, PRP will be prepared. After local anesthesia with Lidocaine, PRP or corticosteroid will be injected intraarticularly by resident of Physical Medicine and Rehabilitation. Patients will be under evaluation before injection, 3m, 2m, 6m after treatment with VAS, KOOS questionnaire and 20 meters walk test by trained occupationalist who is unaware of grouping and kind of injection of patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013041413012N1**

Registration date: **2013-06-09, 1392/03/19**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-06-09, 1392/03/19

Registrant information

Name

Elaheh Mianehsaz

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2013-03-10, 1391/12/20

Expected recruitment end date

2013-09-11, 1392/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of intraarticular injection of Platelet Rich Plasma(PRP) and corticosteroid on knee osteoarthritis: a randomized clinical trial

Public title

Comparison between Platelet Rich Plasma(PRP) and corticosteroid in the treatment of knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion: knee osteoarthritis; VAS more than 60; use of at least two other methods of treatment previously.

Exclusion: breast feeding; pregnancy; RA; severe cardiac disease; immunosuppression; warfarin intake; coagulopathies; take NSAID or ASA during 5 days ago;

radiculopathy; knee surgery during 3 months ago; active infection or malignancy; substance abuse; poor controlled diabetes mellitus; any knee injection during 6 months ago; doing physiotherapy or acupuncture during 6 months after injection

Age

From **50 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Central building of Tehran University of Medical Sciences, Ghods street, Keshavarz blv, Tehran

City

Tehran

Postal code

Approval date

2013-02-16, 1391/11/28

Ethics committee reference number

91/d//130/2980

Health conditions studied

1

Description of health condition studied

Gonarthrosis [arthrosis of knee]

ICD-10 code

M17.0

ICD-10 code description

Primary gonarthrosis, bilateral

Primary outcomes

1

Description

pain severity

Timepoint

before injection, 3 weeks, 2 and 6 months after injection

Method of measurement

VAS

2

Description

time of 20 meters traverse

Timepoint

before injection, 3 weeks, 2 and 6 months after injection

Method of measurement

20 meteres walk test

3

Description

pain, symptomes and function of patient

Timepoint

before injection, 2 and 6 months after injection

Method of measurement

KOOS questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

first group: Injection of 5 cc PRP (tubex, super PRP tube system) in the knee intraarticularly.

Category

Treatment - Drugs

2

Description

second group: injection of 40 mg corticosteroid (Depomedrol) in the knee intraarticularly.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical Medicine and Rehabilitation ward, Firouzgar hospital

Full name of responsible person

Elaheh Mianehsaz

Street address

Physical Medicine and Rehabilitation ward, Firouzgar hospital, Behafarin st, Valiasr sq, Tehran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Dr Akbar Fotouhi

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Tehran University of Medical Sciences

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
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Associate Professor of Physical Medicine and Rehabilitation

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Person responsible for updating data

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Resident of Physical Medicine and Rehabilitation

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

