

the meta-analysis. A single-arm meta-analysis of the included studies showed a beneficial effect of the intervention in terms of pain relief outcomes like VAS score ($p < 0.001$), pain component of SF-36 ($p = 0.003$) while such improvement was not seen in functional outcome measures like ODI score ($p = 0.071$), the physical component of SF-36 ($p = 0.130$) with significant heterogeneity noted among the included studies. No structural improvement in magnetic resonance imaging was observed ($p = 0.106$). No additional procedure-related adverse events were noted in the included studies ($p = 0.662$). **Conclusion:** There is a paucity of high-quality studies to give conclusive evidence on the benefits of intradiscal PRP for lumbar disc disease. Although intradiscal PRP injection has shown some beneficial effect in controlling pain for lumbar disc disease, we could not find structural or functional improvement from the included studies. Hence, we recommend large double-blind double-arm randomized controlled studies to analyze the benefits of the intervention being analyzed.

Keywords: Platelet Rich Plasma, Meta-analysis, Lumbar Disc Disease, Regenerative Medicine, Back Pain, PRP

Translational research in chronic tendinopathies-From bench to bedside applications

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Chronic tendinopathies involve majority of patients in clinical practice of orthopaedic surgeons and sports physicians. Translational medicine confers an emerging medical advance efficiently towards the clinician directly from scientists which may be used as a targeted therapy. The main objective of translational research from “bench to bedside” is to test novel inventions in humans. Our purpose in this article is to understand the translational medicine approach for chronic tendinopathies in clinical aspects. Translational research in chronic tendinopathies is required certainly due to plenty of reasons. Newer advances and targeted approach to these tendon disorders may curtail the further degenerative process. It aids in earlier diagnosis and prevention of morbidity, early recovery to occupational activity, lack of economical as well as recreational failure. Pre-disease level activity is ultimate goal of any therapy. Tendon pathophysiology is constantly evolving researched topic in both biochemical as well as molecular aspect. The basic fundamental understanding of the process of tendon

healing and its regeneration is necessary for formulating a newer guideline. The cornerstone of treatment of tendinopathies is still non-operative management. Physical therapy, better pain control, NSAIDs are still primary choice for these conditions. Various biological therapy whenever used one should combine them with other appropriate options to obtain an optimal outcome.

Keywords: Tendinopathies, Translational Research, Biological therapy, Regenerative Medicine, Inflammation, Sports Medicine
