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PRP and McKenzie Exercise For PLID

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We use this protocol and it's working

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Abstract

This protocol outlines a randomized controlled trial comparing intradiscal platelet-rich plasma (PRP) combined with a 4-week McKenzie exercise program versus McKenzie therapy alone for treating L5/S1 lumbar disc herniation. The study evaluates pain (VAS, PPTs), disc morphology (MSK-USG), neurophysiology (SLR, NCS, EMG), and disability (ODI) over 1, 3, and 6 months. Expected results include superior reductions in pain, improved disc height and echogenicity, enhanced neurophysiological outcomes, and lower disability scores in the PRP-McKenzie group. If successful, this combined intervention could accelerate symptom relief and functional recovery, potentially reducing surgical referrals and prolonged medication use.

Attachments

DOCX Protocol_Summary.doc.. 21KB

DOCX Treatment Procedure.... 14KB

Materials

- Autologous blood collection kit
- Double-spin centrifuge
- 22G Quincke Chiba spinal needle (8-inch)
- Ultrasound machine with high-frequency linear probe
- Sterile syringes (5 mL, 10 mL), saline, gloves, drapes, antiseptic
- Musculoskeletal ultrasound (MSK-USG) equipment
- Electromyography (EMG) and Nerve Conduction Study (NCS) system
- Visual Analog Scale (VAS) forms
- Pressure algometer (for PPT)
- Oswestry Disability Index (ODI) questionnaire
- McKenzie exercise instruction sheets and therapy bed

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