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Platelet-rich plasma (PRP) in physical medicine and rehabilitation. Indications and applications 2019

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Platelet-rich plasma (PRP) is one of many new developments within the field of regenerative medicine. Medical practitioners in areas such as musculoskeletal pain medicine, physical medicine and rehabilitation, and rheumatology have been exploring the benefits of this novel therapy. The idea of using platelet-rich plasma (PRP) in medicine has been around since the 1980s. Its use has been employed in the area of musculoskeletal medicine recently in the past few years. Platelet-rich plasma in this field has received much media attention due to being used by many celebrity sports athletes for sports injuries. PRP is a promising treatment for some musculoskeletal conditions; however, evidence of its efficacy has been highly variable depending on the specific indication. Therefore, it is essential for practitioners to be aware of the concepts surrounding their use and application. The presentation will cover what platelet-rich plasma is? How is it prepared and administered? Its potential clinical application, and what the current literature discusses in the various areas of clinical musculoskeletal medicine and rehabilitation.

Biography

Zaid Matti is a Musculoskeletal Medicine Practitioner. He has a particular interest in Regenerative Medicine and Pain Management. His practice focus on UltRASound guided Platelets Rich Plasma PRP injections/steroids combined with multidisciplinary rehabilitation. He has been practicing neuromuscular medicine and prolotherapy treatments since he started in general medical practice before specializing in Musculoskeletal Medicine He has been practicing medicine in New Zealand for the last ten years. He is a member of Australasian Faculty of Musculoskeletal Medicine. In addition to his academic medical degree, he holds a post-grad diploma in Surgical Anatomy and Musculoskeletal Medicine.