

통증 및 근골격재활

게시일시 및 장소 : 10 월 18 일(금) 08:30-12:20 Room G(3F)

질의응답 일시 및 장소 : 10 월 18 일(금) 10:00-10:45 Room G(3F)

**P 1-119**

## **Therapeutic Effect of PDRN Prolotherapy in Patients with Subacromial Subdeltoid Bursitis**

Jae Hwal Rim<sup>1\*</sup>, Dae Gil Kwon<sup>2†</sup>, Jong Wook Kim<sup>3</sup>, Seong Ho Jo<sup>1</sup>

Medical Center of 7th Infantry Division of Republic of Korean Army, Department of Rehabilitation Medicine<sup>1</sup>, Comprehensive&Integrated Medicine Hospital, Department of Rehabilitation Medicine<sup>2</sup>, Korea Airforce 17th Fighter Wing Aeromedical Squadron, Department of Internal Medicine<sup>3</sup>

### **Objective**

To evaluate the short-term effect of polydeoxyribonucleotide (PDRN) prolotherapy in patients with subacromial subdeltoid (SASD) bursitis.

### **Material and Methods**

Fourteen patients (9 male, 5 female, mean age 41.4; range 32-54) with SASD bursitis were included. All patients were diagnosed by ultrasound (US) and treated with US guided PDRN prolotherapy. Visual analogue scale (VAS), shoulder pain and disability index (SPADI), single assessment numeric evaluation (SANE) were measured pre-treatment, 1, 3weeks after treatment.

### **Results**

One and 3 weeks after treatment, VAS, AOFAS, SANE score were significantly improved compared with pretreatment (Table 1). There was no complications after PDRN prolotherapy.

### **Conclusion**

PDRN prolotherapy can be a useful treatment in patients with SASD bursitis.

Table 1. Outcome measurements after treatment

	<b>Before treatment</b>	<b>1 week</b>	<b>3 weeks</b>
<b>VAS score</b>	6.1 ± 2.2	2.3 ± 1.1*	2.1 ± 0.7*
<b>SANE</b>	57.4 ± 12.3	72.5 ± 11.8*	85.2 ± 11.9*
<b>SPADI</b>	53.6 ± 13.6	21.3 ± 10.4*	15.6 ± 13.5*

VAS = visual analogue scale; SANE = single assessment numeric evaluation; SPADI = shoulder pain and disability index  
 \* p<0.05 by independent T-test compared with before treatment