

## Platelet-rich-plasma treatment for cervical facet pain: a case report

Karen Santos Braghiroli, Ana Carolina Lima,, Fabrício Dias Assis, Charles Amaral de Oliveira, André Marques Mansano- Singular Pain Clinic- Campinas, Brazil

**Objective:** report a successful treatment of cervical facet pain with platelet-rich-plasma (PRP)

### Case Report

- 70-year-old woman with a chronic neck pain for 6-months
- Painful pressure on the right facet joints
- Pain and limitation of extension to the right side and with flexion-rotation of the neck to the right
- Worsens in the morning, with no neurological symptoms

### Diagnosis and treatment

- After a positive diagnostic facet joint block→ PRP injection therapy
- 70% relief of pain 2-months after the procedure with improvement of the neck movement's limitation

### Discussion

- Cervical facet syndrome:
  - pain and stiffness in neck, shoulder or upper back, or a headache
  - prevalence: 25% to 65% in a population suffering from neck pain
  - biological therapies are increasingly being used to treat spinal pain disorders, like the use of platelet-rich-plasma

### Conclusion

- PRP is a regenerative treatment→ contains growth factors and cytokines that play a role in reducing inflammation and also aid the healing process

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