1. Plz see below: supportive research papers for knee injections

Platelet-rich plasma versus hyaluronic acid in the treatment of knee osteoarthritis: a meta-analysis

<https://josr-online.biomedcentral.com/articles/10.1186/s13018-020-01919-9#:~:text=A%20total%20of%2020%20RCTs,pain%20scores%20and%20VAS%20scores>.

**Efficacy of Platelet-Rich Plasma in the Treatment of Knee Osteoarthritis: A Meta-analysis of Randomized Controlled Trials**

<https://pubmed.ncbi.nlm.nih.gov/28012636/>

**Effect of Intra-articular Platelet-Rich Plasma vs Placebo Injection on Pain and Medial Tibial Cartilage Volume in Patients With Knee Osteoarthritis**

<https://jamanetwork.com/journals/jama/fullarticle/2786501>



1. **Knee Injection: PRP**

* The various types of injections that can help including cortisone, PRP and viscosupplimentation.

**PRP Links:**

* [Efficacy of Platelet-Rich Plasma in the Treatment of Knee Osteoarthritis: A Meta-analysis of Randomized Controlled Trials](https://pubmed.ncbi.nlm.nih.gov/28012636/)
* [Effectiveness of Platelet-Rich Plasma in the Treatment of Knee Osteoarthritis A Meta-analysis of Randomized Controlled Clinical Trials](https://josr-online.biomedcentral.com/articles/10.1186/s13018-020-01919-9#:~:text=A%20total%20of%2020%20RCTs,pain%20scores%20and%20VAS%20scores.)
* [Platelet-Rich Plasma Versus Hyaluronic Acid for Knee OsteoarthritisA Systematic Review and Meta-analysis of Randomized Controlled Trials](https://www.rickzarnettmd.com/s/Platelet-Rich-Plasma-Versus-Hyaluronic-Acid-for-Knee-Osteoarthritis_-A-Systematic-Review-and-Meta-an-mc4l.pdf)
* [Platelet-rich plasma versus hyaluronic acid in the treatment of knee osteoarthritis A meta-analysis](https://www.rickzarnettmd.com/s/101097md0000000000019388pdf-full.pdf)
* [Treating Knee Osteoarthritis With Platelet-Rich Plasma and Hyaluronic Acid Combination Therapy](https://www.rickzarnettmd.com/s/baria2021.pdf)