**Autologous platelet rich plasma or whole blood injections for epicondylitis**

**Plain language summary**

Epicondylitis or epicondylalgia is commonly known as tennis or golfers elbow. It is a painful condition. The pain can extend from one or both sides of the elbow and into the forearm and wrist.

The condition is often easily fixed. When it does not get better, there are not many proven treatments. One treatment that has been suggested is platelet-rich plasma (PRP) injections and autologous whole blood (AWB) injections.

AWB injection means taking blood from the patient and re-injecting around the patient’s sore elbow. PRP injection means taking blood from the patient and then using a special device to remove the red blood cells. The remainder is injected around the patient’s sore elbow.

PRP and AWB injections are new and not yet funded by Transport Accident Commission (TAC) or Victorian WorkCover Authority. This review looked at whether the injections work. If they did work they could be offered to TAC clients or injured workers.

Three studies were found. Two compared PRP with fake injections; and one compared AWB with fake injections. These studies did not prove that PRP or AWB is better than fake injections.

None of the studies identified any serious side effects.