

from pre-1-to-End-tests, except for LPA (+2.3%) and total-SED-time (and -2.7%). Total-daily-counts in the End-test increased for controls (+6.7%) but significantly more for the exercise group (+17.3%). Between the exercise groups' two pre-tests, no significant difference was observed, except for total-PA (+4.6%) and SED-total (-2.4%).

Conclusion Elderly participating in supervised exercise increase PA- and decrease SED-time, which is of importance because it is linked with improved health for elderly, longevity and potent socioeconomic gains.

7 PLATELET RICH PLASMA FOR ACUTE ACHILLES TENDON RUPTURE: A DOUBLE-BLIND, MULTICENTRE, RANDOMISED, PLACEBO-CONTROLLED TRIAL

¹David Keene*, ²Joseph Alsousou, ³Paul Harrison, ¹Philippa Hulley, ¹Susan Wagland, ¹Scott Parsons, ¹Jacqueline Thompson, ¹Heather O'Connor, ¹Michael Schlüssel, ¹Susan Dutton, ¹Sarah Lamb, ¹Keith Willett. ¹University of Oxford, Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences, UK; ²University of Liverpool, Institute of Translational Medicine, UK; ³University of Liverpool, Institute of Inflammation and Ageing, UK

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Introduction Platelet Rich Plasma (PRP), an autologous supra-physiological concentration of platelets from whole blood, has demonstrated positive cellular and physiological effects on healing in the laboratory. However, evidence from robust clinical trials is lacking. We aimed to determine the clinical efficacy of PRP for treating acute Achilles tendon rupture.

Materials and methods 230 adults starting non-surgical management within 12 days of rupture were randomised to PRP injection or dry needle insertion, under local anaesthetic. Participants were blinded and received standardised rehabilitation. Blinded outcome assessments were at 4, 7, 13, and 24 weeks. Primary outcome: muscle-tendon function assessed by work performed during the heel-rise endurance test (HRET), measured with the Limb Symmetry Index (LSI, 0%–100%) at 24 weeks. Secondary outcomes: Achilles Tendon Rupture Score (ATRS), quality of life, pain and goal attainment.

Results Of 230 participants, 114 were allocated to PRP injection (103 received PRP), 116 were allocated to and received placebo. At 24 weeks, 201/230 (87%) completed the HRET and 214/230 (93%) completed patient-reported outcomes. Participant characteristics between the groups were similar. There was no difference between groups at 24 weeks in LSI (mean difference=-4.373; 95% CI -11.217, 2.471; p=0.195). There were no differences in the secondary outcomes and adverse event rates.

Conclusion This study design and standardised PRP preparation secure robust clinical trial evidence for PRP in managing Achilles tendon rupture, and suggest that PRP offers no patient benefit. Use of PRP in soft tissue injuries must be questionable unless supported by equally robust evidence indicating positive outcomes.

8 THE EFFECT OF CHANGE OF DIRECTION ANGLE ON KNEE MECHANICS – IMPLICATIONS FOR ACL INJURY

Ayman Alhammad*, Lee Herrington, Paul Jones, Ritchard K Jones. School of Health Sciences, University of Salford, UK

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Introduction Change of direction (COD) manoeuvres are important for many field sports, however they are unfortunately associated with non-contact ACL injuries. Although players frequently COD at >90° angles, limited knowledge is available on knee joint kinematics and kinetics during COD at 90° and 135° and whether limb preference impacts knee mechanics during COD at these angles, which formed the aims of this study.

Methods Healthy male recreational soccer players were recruited to take part in the study. 3D kinematics and kinetics were collected during COD manoeuvres at 90° and 135°. Running speed was controlled at 4±0.4 m/s and 3.5±0.3 m/s, respectively. To determine differences on variables associated with ACL risk; knee abduction angle and moment, across cutting angles and preferred legs, a paired sample t-test was conducted using a Holm method correction, $\alpha=(0.05/ (8 \text{ comparisons} - \text{rank} + 1))$.

Results 36 individuals took part in the study (24.25±6.21 years, 1.72±0.06 m and 66.41±10.83 kg). COD at 135° showed greater knee abduction angles and moments than at 90° but with similar peak VGRF. There were no differences between preferred and non-preferred legs, apart from the increased knee flexion angle during COD manoeuvres at 90° in the non-preferred leg.

Conclusion In male recreational soccer players, sharper cutting angles place the knee at more risk for ACL injuries with little asymmetry between preferred and non-preferred limbs. Sharper angles of examination should be utilized in the evaluation of individuals.

9 CHANGE IN PATIENT-REPORTED OUTCOMES FOLLOWING MENISCAL REPAIR COMPARED WITH RESECTION IN YOUNG ADULTS: SECONDARY ANALYSES FROM A PROSPECTIVE COHORT STUDY

¹Kenneth Pihl*, ^{2,3}Martin Englund, ^{4,5}Robin Christensen, ⁶Stefan Lohmander, ⁷Uffe Jørgensen, ⁸Nis Nissen, ⁹Jakob V. Fristed, ¹Jonas B. Thorlund. ¹Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark; ²Lund University, Faculty of Medicine, Department of Clinical Sciences Lund, Orthopedics, Clinical Epidemiology Unit, Sweden; ³Clinical Epidemiology Research and Training Unit, Boston University School of Medicine, USA; ⁴Musculoskeletal Statistics Unit, The Parker Institute, Copenhagen University Hospital, Denmark; ⁵Department of Rheumatology, Odense University Hospital, Denmark; ⁶Lund University, Faculty of Medicine, Department of Clinical Sciences Lund, Orthopedics, Sweden; ⁷Department of Orthopedics and Traumatology, Odense University Hospital, Denmark; ⁸Department of Orthopedics, Lillebaelt Hospital, Denmark

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Introduction In young adults, meniscal repair may be an alternative to resection. We compared change in patient-reported outcomes from before to 52 weeks after arthroscopic surgery in younger patients having either meniscal repair or resection.

Materials and methods Patients aged 40 or younger from the Knee Arthroscopy Cohort Southern Denmark (KACS) study undergoing arthroscopic meniscal surgery. Patients completed the Knee injury and Osteoarthritis Outcome Score (KOOS) online at pre-surgery, 12 and 52 weeks follow-up. Between-group differences in change in a composite of 4 of 5 KOOS subscales (KOOS₄) from baseline to 52 weeks were analyzed using repeated measures mixed linear models.