

## Effect estimates overview

### Comparison 1 Platelet rich plasma versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Pain: WOMAC pain subscale (single PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.1.1 6 weeks post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.1.2 3 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.1.3 6 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.2 Pain: WOMAC pain subscale (2 PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.2.1 6 weeks post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.2.2 3 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.2.3 6 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.3 Pain: Visual Analogue Scale ( Single PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.3.1 6 months post injection	1	98	Mean Difference (IV, Fixed, 95% CI)	-2.45 [-2.92, -1.98]
1.4 Pain: Visual Analogue Scale (2 PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.4.1 6 months post injection	1	96	Mean Difference (IV, Fixed, 95% CI)	-2.07 [-2.59, -1.55]
1.5 Function: WOMAC physical function subscale (Single PRP vs Salin)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.5.1 6 weeks post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.5.2 3 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.5.3 6 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.6 Function: WOMAC physical function subscale (2 PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.6.1 6 weeks post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.6.2 3 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.6.3 6 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.7 Function: WOMAC total (Single PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.7.1 6 weeks post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable

1.7.2 3 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.7.3 6 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.8 Function: WOMAC total (2 PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.8.1 6 weeks post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.8.2 3 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.8.3 6 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.9 Global assessment: patient satisfaction, number of patients that were satisfied (Single PRP vs Saline)	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
1.9.1 6 months post injection	1	49	Risk Ratio (M-H, Fixed, 95% CI)	8.40 [2.19, 32.24]
1.10 Global assessment: patient satisfaction, number of patients that were satisfied (2 PRP vs Saline)	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
1.10.1 6 months post injection	1	48	Risk Ratio (M-H, Fixed, 95% CI)	7.82 [2.02, 30.20]
1.11 WOMAC stiffness subscale (Single PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.11.1 6 weeks post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.11.2 3 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.11.3 6 months post injection	1	49	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.12 WOMAC stiffness subscale (2 PRP vs Saline)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
1.12.1 6 weeks post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.12.2 3 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.12.3 6 months post injection	1	48	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.13 Adverse effects: Number of patients with local or systemic reactions related to treatment ( Single PRP vs Saline)	1	50	Risk Ratio (M-H, Fixed, 95% CI)	11.14 [0.66, 187.75]
1.14 Adverse effects: Number of patients with local or systemic reactions related to treatment (2 PRP vs Saline)	1	48	Risk Ratio (M-H, Fixed, 95% CI)	21.23 [1.32, 341.04]

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## Comparison 2 Platelet rich plasma versus Hyaluronic Acid

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
2.1 Pain: Number of patients with 30% decrease on WOMAC pain subscale	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
2.1.1 6 months post injection	1	96	Risk Ratio (M-H, Fixed, 95% CI)	5.71 [2.85, 11.46]
2.1.2 12 months post injection	1	90	Risk Ratio (M-H, Fixed, 95% CI)	4.90 [2.08, 11.54]
2.2 Pain: Number of patients with 50% decrease on WOMAC pain subscale	2		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
2.2.1 6 months post injection	2	272	Risk Ratio (M-H, Fixed, 95% CI)	2.27 [1.53, 3.38]
2.2.2 12 months post injection	1	90	Risk Ratio (M-H, Fixed, 95% CI)	13.13 [1.81, 95.20]
2.3 Pain: WOMAC pain subscale	2		Std. Mean Difference (IV, Fixed, 95% CI)	Subtotals only
2.3.1 6 months post injection	2	272	Std. Mean Difference (IV, Fixed, 95% CI)	-0.53 [-0.77, -0.28]
2.3.2 12 months post injection	1	90	Std. Mean Difference (IV, Fixed, 95% CI)	-1.25 [-1.70, -0.80]
2.4 Function: Number of patients with 30% decrease on WOMAC physical function subscale	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
2.4.1 6 months post injection	1	96	Risk Ratio (M-H, Fixed, 95% CI)	4.14 [2.01, 8.53]
2.4.2 12 months post injection	1	90	Risk Ratio (M-H, Fixed, 95% CI)	3.25 [1.57, 6.71]
2.5 Function: Number of patients with 50% decrease on WOMAC physical function subscale	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
2.5.1 6 months post injection	1	96	Risk Ratio (M-H, Fixed, 95% CI)	3.80 [1.54, 9.35]
2.5.2 12 months post injection	1	90	Risk Ratio (M-H, Fixed, 95% CI)	27.20 [1.68, 441.24]
2.6 Function: WOMAC physical function subscale	2		Std. Mean Difference (IV, Fixed, 95% CI)	Subtotals only
2.6.1 6 months post injection	2	272	Std. Mean Difference (IV, Fixed, 95% CI)	-0.41 [-0.65, -0.17]
2.6.2 12 months post injection	1	90	Std. Mean Difference (IV, Fixed, 95% CI)	-1.32 [-1.78, -0.86]
2.7 Function: WOMAC total	4		Std. Mean Difference (IV, Fixed, 95% CI)	Subtotals only
2.7.1 1 month post injection	1	120	Std. Mean Difference (IV, Fixed, 95% CI)	-0.37 [-0.73, -0.00]
2.7.2 3 months post injection	2	150	Std. Mean Difference (IV, Fixed, 95% CI)	-0.93 [-1.27, -0.59]
2.7.3 6 months post injection	4	422	Std. Mean Difference (IV, Fixed, 95% CI)	-0.81 [-1.02, -0.61]
2.7.4 12 months post injection	1	90	Std. Mean Difference (IV, Fixed, 95% CI)	-1.34 [-1.80, -0.88]

2.8 Function: Number of patients with 30% decrease on Lequesne index	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
2.8.1 6 months post injection	1	96	Risk Ratio (M-H, Fixed, 95% CI)	5.00 [2.47, 10.13]
2.8.2 12 months post injection	1	90	Risk Ratio (M-H, Fixed, 95% CI)	20.13 [2.84, 142.71]
2.9 Function: Number of patients with 50% decrease on Lequesne index	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
2.9.1 6 months post injection	1	96	Risk Ratio (M-H, Fixed, 95% CI)	7.00 [1.68, 29.15]
2.9.2 12 months post injection	1	90	Risk Ratio (M-H, Fixed, 95% CI)	7.88 [1.04, 59.61]
2.10 Function: Lequesne index (0-24 Likert)	3		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
2.10.1 3 months post injection	1	30	Mean Difference (IV, Fixed, 95% CI)	0.10 [-1.48, 1.68]
2.10.2 6 months post injection	3	302	Mean Difference (IV, Fixed, 95% CI)	-1.24 [-1.90, -0.58]
2.10.3 12 months post injection	1	90	Mean Difference (IV, Fixed, 95% CI)	-5.50 [-7.05, -3.95]
2.11 Adverse effects: Number of patients with local or systemic reactions related to treatment	3	302	Risk Ratio (M-H, Fixed, 95% CI)	1.00 [0.65, 1.53]

### Comparison 3 Platelet rich plasma versus Hyaluronic Acid (non-randomized trials)

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
3.1 Pain: Visual Analogue Scale/Numeric Rating Scale	2		Std. Mean Difference (IV, Fixed, 95% CI)	Subtotals only
3.1.1 3 months post injection	2	210	Std. Mean Difference (IV, Fixed, 95% CI)	-1.03 [-1.31, -0.74]
3.1.2 6 months post injection	2	210	Std. Mean Difference (IV, Fixed, 95% CI)	-0.92 [-1.20, -0.63]
3.2 Function: WOMAC total	1		Mean Difference (IV, Fixed,	Subtotals only

			95% CI)	
3.2.1 3 months post injection	1	120	Mean Difference (IV, Fixed, 95% CI)	-11.82 [-17.51, -6.13]
3.2.2 6 months post injection	1	120	Mean Difference (IV, Fixed, 95% CI)	-12.05 [-17.55, -6.55]
3.3 Global assessment: Patient satisfaction, number of patients that were satisfied (PRP vs High Weight HA)	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
3.3.1 6 months post injection	1	100	Risk Ratio (M-H, Fixed, 95% CI)	1.24 [0.98, 1.58]
3.4 Global assessment: Patient satisfaction, number of patients that were satisfied (PRP vs Low Weight HA)	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
3.4.1 6 months post injection	1	100	Risk Ratio (M-H, Fixed, 95% CI)	1.28 [1.00, 1.64]
3.5 Adverse effects: number of patients with local or systemic reactions related to treatment	1	60	Risk Ratio (M-H, Fixed, 95% CI)	13.00 [0.76, 220.96]

**Comparison 4 Platelet rich plasma -single spinning- versus Platelet rich plasma -double spinning- (non-randomized trials)**

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
4.1 Global assessment: Patient satisfaction, number of patients that were satisfied	1		Risk Ratio (M-H, Fixed, 95% CI)	Subtotals only
4.1.1 12 months post injection	1	144	Risk Ratio (M-H, Fixed, 95% CI)	1.05 [0.89, 1.25]