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Management of muscular dystrophy using ultrasound guided specific intramuscular platelets rich plasma injections: A case report

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Introduction: A case report of 20 year old female diagnosed through EMG and nerve conduction study with Duchenne muscular dystrophy. Patient was presented with severe pain in lower limbs that made mobility almost impossible, cardiomyopathy and muscle weakness. Rehabilitation and medical treatment was combined since age of 17 and was gaining some results till the age of 19. After this age all treatments failed and the patient become almost immobile with attacks of fainting.

Aim: The aim of this study is to extensively investigate the effect of the platelets rich plasma injections in a way to control the muscle fibrosis to its test effect in all patient's symptoms.

Methods: A high resolution 10 MHZ musculoskeletal ultrasonography was done to all major lower limb muscles showed profound muscle fibrosis especially in tibialis anterior muscle and vastus medialis obliques, most probably they are the main reason for gait deviation and severe pain. Bilateral ultrasound guided PRP intra muscular injection was done to these muscles under sterile technique. Cardiac enzymes CBC, ESR, CRP, visual analogue scale for pain, manual muscle testing, Ultrasound scan, patient's vitals and pictures of the gait. All of this was collected pre and after 15 days of the procedure. Follow up was done for 21 days.

Results: Mobility was independently regained with very mild deviation, 95% reduction in pain 60% increase in muscle power with evidence of less fibrosis in US scan and moderate improvement in cardiac markers happened with no single attack of fainting happened along the period of follow up. All patient's vitals were with in normal limits.

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