Introduction: Osteoarthritis is the most common joint ailment. Its treatments vary from conservative procedures to surgery, passing through joint injections and lately the use of plasma enriched in platelets. Objective: describe the clinical evolution of 20 patients with knee osteoarthritis who received joint injection of lysed platelets. Material and Methods: we did a prospective longitudinal study with a 20 patient sample, referred with kneeosteoarthritis to the service of Orthopedics of the «Dr. Enrique Cabrera» University Hospital, provided they meet the inclusion requirements. Autologous lysed platelets were injected and a clinical follow up using variables such as pain, joint mobility, muscular strength and functional scale. A database was filled for statistical processing. It were calculated statistical measures. Results: out of the 20 patients 14 were male and 6 female, age 39 to 81. 35 knees were injected. There was a trend to decrease of pain in 15 patients and gain of muscular strength in the injected cases. Regarding evolution of the physical activities, the tendency was improvement from very severe and severe to slight or none. Conclusions: the improvement of pain, joint recovery and functional scale in the vast majority of the treated patients supports the mediation of platelet factors in the immediate anti-inflammatory action and its regenerative potential.

Keywords
Regenerative medicine, lysed platelets, knee osteoarthritis.