

## **Use of autologous conditioned serum (ACS- ORTHOKINE) for osteoarthrosic chronic pain and facet joint syndrome: a prospective observational study**

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### **Abstract**

Osteoarthritis associated chronic pain is a highly disabling symptom with a strong impact on the quality of life of patients. Until now, no treatment can significantly reduce painful symptoms in the severe forms of osteoarthritis, except at the cost of important side effects. The purpose of our prospective observational monocentric study was to evaluate the effectiveness of the autologous conditioned serum (ACS) as a treatment for patients with 1 to 3 grade osteoarthritis and with facet joint syndrome, in reducing painful symptoms and slowing the progression of the disease.

We investigated a total of 26 patients treated with autologous conditioned serum injections in the target site. Patients were evaluated using validated outcome instruments to assess the intensity of painful symptomatology (VAS), joint function (WOMAC; Quick-DASH; ODI) and quality of life (SF36; Karnofsky Index). The evaluations were carried out before each injection of autologous conditioned serum (timepoints 0-3) and successively after one, three and six months from the last injections (timepoints 4-6). The injections of autologous conditioned serum have shown promising results, reducing painful symptomatology, improving joint performance and quality of life, not only close and immediately following the infiltration itself, but also during the follow-up and up to six months after the last injection without significant adverse effects.