

Policy title	Autologous Blood and Platelet-Rich Plasma Injection in tendinopathy v1.1
Policy position	Intervention Not Normally Funded
Date of Forum recommendation	June 2020

Tendons are bands of fibrous connective tissue that connect muscle to bone. Tendinopathy describes a range of conditions that affect tendons, usually caused by overuse. The most common tendons affected are in the elbow, the heel and the knee. They are a common presenting complaint in the primary care and orthopaedic/rheumatology clinic settings.

In autologous blood injection, blood is taken from the patient and re-injected around the affected tendon. The aim is to supply the tendon with growth factors that promote the healing process.

There is limited evidence of clinical and cost-effectiveness to support the use of autologous blood injection for tendinopathies, therefore autologous blood injection, including platelet-rich plasma injections, for tendinopathy **is not normally funded**.

Reference:

NICE Interventional procedures guidance IPG438 (2013) Autologous blood injection for tendinopathy

NOTE:

- This policy will be reviewed in the light of new evidence or new national guidance e.g. from NICE
- Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process

Clinical coding:

T74.6 Autologous blood injection into tendon

Chapter 'Z' site code to identify tendon

Y53.2 Approach to organ under ultrasonic control is assigned following T74.6 when performed under ultrasonic guidance.

Key words: Tendinopathy, autologous blood, platelet-rich plasma