

## USG Guided MSK Intervention

**Dr. Gayatri Mahajan**

Utkarsh Scan Centre, Kalyan, Maharashtra, India

### Abstract

**Background:** Musculoskeletal (MSK) interventions for foot and ankle pathologies often involve a choice between traditional corticosteroids and regenerative therapies. While steroids provide immediate relief, their long-term risk-benefit ratio is frequently compared to newer modalities like Hyaluronic Acid (HA) and Platelet-Rich Plasma (PRP). Additionally, the integration of holistic treatments (Ayurveda and Homeopathy) reflects an increasing trend in patient-led multidisciplinary care.

**Objectives:** This study aimed to: (1) Evaluate the long-term recovery and efficacy of combining MSK injections with holistic treatments through inter-branch medical correspondence; (2) Compare the pain reduction and side-effect profiles of Steroid injections, HA, and PRP; and (3) Assess the clinical outcomes of alternating PRP with Steroids versus monotherapy.

**Methods:** A comparative study was conducted on 50 patients presenting for foot and ankle MSK interventions. Pain reduction was quantified using the Visual Analogue Scale (VAS), which was also utilized to grade the severity of side effects. The cohort included patients who sought concurrent holistic care, requiring collaborative assessment with practitioners in other medical branches. Patients were categorized into treatment arms: Steroid monotherapy, PRP monotherapy, and a hybrid approach alternating PRP with Steroids.

**Results:** Preliminary findings indicate that while Steroids offer rapid initial relief, the risk of side effects was more pronounced compared to HA and PRP. The integration of holistic treatments alongside injections suggested a potential for more sustainable long-term recovery. Notably, the hybrid approach of alternating PRP with Steroid therapy yielded significant clinical benefits, often surpassing the results of single-modality treatments.

**Conclusion:** The study demonstrates that while PRP and HA are often perceived as less potent than steroids, their safety profile and effectiveness in a combined or holistic treatment plan offer a compelling alternative for foot and ankle MSK care. The use of the VAS provided a standardized measure to confirm that integrated, multi-modal strategies may provide the most comprehensive patient benefit.