Primary Care Patient pre-selection

Recruitment center Hospital Universitario Cruces (HUC)

Orthopedic Service HUC, informed consent, Blood tests, confirmation of eligibility, baseline data

Radiological Department HUC, baseline sonography, interventions

UIAPB, patient allocation

PRP preparation

EXPERIMENTAL: 2 interventions
Needling + PRP
Day 0 and Day 14

CONTROL: 2 interventions
Needling + lidocaine
Day 0 and Day 14

6 weeks, DASH, VAS, safety

3 months, DASH, VAS, safety and sonographic assessment

6 months, DASH, VAS, safety and sonographic assessment

12 months, DASH, VAS, safety and sonographic assessment