



IAAF Position on Platelet-Derived Preparations

The World Anti-Doping Agency has clarified the status of platelet-derived preparations on its 2010 Prohibited List. These preparations are called ABGF (Autologous Blood-Derived Growth Factors) and include Platelet-Rich Plasma (PRP), Platelet-Rich Concentrate (PRC), autogenous platelet gel, platelet releasate or blood-spinning. Intramuscular route for systemic use is prohibited. Local injections for treatment of tendon, muscle, bone and joint injuries are allowed but require a Declaration of Use.

The IAAF Medical and Anti-Doping Commission believes that the use of ABGF reintroduced in PRP or PRF (Platelet-Rich Fibrin) to treat musculotendinous, osteo-articular, bone or orthopedic injuries under proper medical supervision is not to be considered a doping method. There is no scientific evidence that this will enhance oxygen transfer as in « blood doping » and that it will exert systemic anabolic effects.

The Commission would like to remind athletes and their medical entourage that evidence-based therapeutic alternatives should be used first. These may include but are not limited to rest, physiotherapy, eccentric rehabilitation protocol, electrotherapy, and shockwave treatments.

ABGF is considered an investigative treatment but there is growing scientific evidence that this may either decrease healing time and/or lead to a better result. Well-designed, controlled clinical trials are under way and are necessary to determine the therapeutic added value of ABGF.

The Commission warns that iatrogenic risks including infection, inflammation, degeneration, and excessive fibrosis or other untoward effects may occur, when using ABGF.

The IAAF Medical and Antidoping Commission will continue to monitor this procedure. In the future, the IAAF position on ABGF might change accordingly.

Monaco, 31th January 2010

IAAF Medical and Anti-doping Commission