Mesenchymal Stem Cells for Treatment of Tendon and Ligament Injuries—Clinical Evidence

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ABSTRACT

Introduction: Sport injuries, most of the time affect muscles, tendons, ligaments, cartilage and bones and range from very mild to severe, prompting different therapeutic approaches. Overuse is the most common cause of sports injuries and half of those injuries affect tendon, tendon sheet and tendon insertion to the bone. The number of ligament injuries, particularly anterior cruciate ligament (ACL) increasing. Aim: We were searching PubMed, Google Scholar and Medline focusing on human clinical studies related to stem cell therapy for tendinopathies and ligament injuries. Considering small number of published articles, we accepted papers with all level of evidence without following strict PRISMA guidelines. Results: The number of studies related to ligament injuries is very low compared to tendon injuries. In human clinical trials there have been only a few studies published so far. In double blind randomized control trial (RCT) Wang and coauthors combined allogenic precursor mesenchymal stem cells (MPC) with hyaluronic acid (HA) and compared with hyaluronic acid alone in 17 patients underwent ACL reconstruction. Intensity of pain and quality of life were assessed by Knee Injury and Osteoarthritis Outcome Score (KOOS) and SF-36v2 scores. A width of joint space, volume of cartilage and bone were recorded by magnetic resonance imaging (MRI). Moderate arthralgia and swelling were detected within 24 hours after the injection in 4 out of 11 patients in the group receiving MSC+HA. In the group receiving only HA, there were no adverse reactions. The signs of slowing down of regenerative process were presented on MRI by preserving joint space and reducing degradation of cartilage volume. Conclusion: Clinical application of MSCs for treatment of tendon and ligament injuries might be good alternative option for athletes. Published clinical studies confirmed clinical improvement and integrity of impaired tissues. However, RTCs are needed to confirm real potential of cell therapy and their advantages comparing to other treatment options.

Keywords: Tendon and Ligament Injuries, Mesenchymal Stem Cells.

1. INTRODUCTION

Professional and recreational sport practice is increasing but unfortunately so is the rate of sports injuries as mentioned in many epidemiological studies (1, 2, 3). Some injuries can cause serious impairment with prolonged pain and functional restrictions. One example is secondary knee osteoarthritis, common in retired football players reaching more than 27 percent (4). Aside from medical consequences, the economic burden related to costs of conservative treatment, surgery and rehabilitation is very high.

Sport injuries, most of the time affect muscles, tendons, ligaments, cartilage and bones and range from very mild to severe, prompting different therapeutic approaches. Overuse is the most common cause of sports injuries and half of those injuries affect tendon, tendon sheet and tendon insertion to the bone (5). The number of ligament injuries, particularly anterior cruciate ligament (ACL) increasing (6).

Standardized treatment including rest, ice, compression, elevation, short course of pain modulators and anti-inflammatory medications provides relief of symptoms without complete healing (7). It is known that poor vascular supply of tendons and ligaments slows down healing processes and extends time of full recovery. An injured player wants to return to sport as soon as possible because prolonged rest has a detrimental effect on the body.

The concept of regenerative medicine attracts the attention of researchers and clinicians offering a promising potential to regenerate the damaged tissue rather than to alleviate symptoms. In the last 30 years it spread through-
out the different medical specialties and recently it made a strong advancement in sports medicine as well.

**What is orthobiologics?**

Orthobiologics is a new term ascribed to the use of different biological substances to promote better healing of musculoskeletal conditions (8). Their effect is based on mimicking of the body's natural healing development by stimulating the cascade of physiological reactions ensuing after the injury. The process of regeneration is extremely complex and still not well understood. Some injuries heal spontaneously without specific interventions. Others never heal even with intensive treatment because of limited regenerative potential. It is well known that the healing of muscles is much faster than healing of tendons or ligaments. The results of animal studies are not always applicable to humans. Finally, many factors like age, sex, general health, genetics, nutrition etc. have an impact on healing outcome.

The most common biological substances used for healing of skeletal system are mesenchymal stem cells (MSCs), blood derivate (Platelet rich plasma-PRP) and recently, extracts of placenta. In this article we will focus mainly on the effect of cell therapy, particularly mesenchymal stem cells on sports injuries.

**Mesenchymal stem cells**

Stem cells are undifferentiated cells with potential to differentiate under certain conditions into other type of cells. Theoretically, this allows them to regenerate damaged part of the body and eventually to restore impaired functions. Contrary to previously held opinions, the stem cells can be found in many tissues, raising the question of most efficient source of cells.

Based on origin, stem cells can be classified as embryonic, fetal, adults and induced pluripotent (9). Considering their differentiation potential, they are defined as totipotent, unipotent, oligopotent, multipotent and pluripotent. Embryonic cells can differentiate into all germ layers; endoderm, ectoderm and mesoderm with the ability to produce any type of cells. However, their use is restricted due to ethical issues. It is confirmed that they might have teratogenic effect. Collection of these cells would result in a fatal effect on embryos (10, 11). Others never heal even with intensive treatment because of limited regenerative potential. It is well known that the healing of muscles is much faster than healing of tendons or ligaments. The results of animal studies are not always applicable to humans. Finally, many factors like age, sex, general health, genetics, nutrition etc. have an impact on healing outcome.

Stem cells have an immunomodulatory and anti-inflammatory effect. They suppress catabolic mediators (IL1, TNFa, nitric oxide) and convert pro-inflammatory M1 macrophagel to immunosuppressive M2 by the action of PGE2. Also, stem cells facilitate angiogenesis and prevent apoptosis and fibrosis (17).

**Effect of MSCs on sports injuries**

The number of preclinical and clinical studies related to the effect of cell therapy increasing. Different components were used for therapeutic purpose; skin fibroblast, tenocytes, chondrocytes and stem cells from different sources. The route of applications was either direct injections to the lesion or by using biomaterials (scaffold) or as a part of surgical procedures. Most investigations explore the effect on knee cartilage, but number increasing for tendons and ligaments (17-28).

### 2. MATERIAL AND METHODS

We were searching PubMed, Google Scholar and Medline focusing on human clinical studies related to stem cell therapy for tendinopathies and ligament injuries. Considering small number of published articles, we accepted papers with all level of evidence without following strict PRISMA guidelines.

### 3. RESULTS

There were 1 RCT, 2 non RCTs and 8 non controlled studies related to treatment of tendon injuries. The all studies reported clinical improvement, and in majority of them structural changes were verified by MRI and US (Table 1).

The number of studies related to ligament injuries is very low compared to tendon injuries. In human clinical trials there have been only a few studies published so far. In double blind randomized control trial (RCT) Wang and coauthors combined allogenic precursor mesenchymal stem cells (MPC) with hyaluronic acid (HA) and compared with hyaluronic acid alone in 17 patients underwent ACL reconstruction. Intensity of pain and quality of life were assessed by Knee Injury and Osteoarthritis Outcome Score (KOOS) and SF-36v2 scores.
A width of joint space, volume of cartilage and bone were recorded by magnetic resonance imaging (MRI). Moderate arthralgia and swelling were detected within 24 hours after the injection in 4 out of 11 patients in the group receiving MSC+HA. In the group receiving only HA, there were no adverse reactions. The signs of slowing down of regenerative process were presented on MRI by preserving joint space and reducing degradation of cartilage volume (29).

In another case series study Centeno and coauthors investigated the effect of autologous BMC combined with PRP on 29 patients with grade 1,2 and 3 ACL tear with less than 1 cm of retraction. After 36 months 77% of patients showed functional improvement followed by MRI confirmed integrity of ligament (30).

**4. DISCUSSION**

Two systematic reviews published in 2017 and 2020 documented the positive therapeutic effect of orthobiologics on tendon injuries in humans. Clinical improvement and in some studies structural changes detected by MRI and US were reported (31, 32). Positive effects were maintained even 3 to 4 years after the treatment.

It is interesting that other type of cells injected into the damaged tendon can also provide long term effect. Researchers from Australia used tenocyte instead of stem cells for treatment of lateral epicondylitis. Functional and radiological improvement was confirmed in the period up to 5 years (33). Another study confirmed that dermal fibroblast can be used for treatment of patella tendinopathy. Functional and morphological improvement were observed 6 months after the treatment (34). These results raised questions about the role and possible mechanism of action of other cells in the process of regeneration of impaired tendons. The lack of comparative studies in this matter makes, thus far, inconclusive any evidence of eventual advantages with regards to stem cells.

We found only 2 studies investigating the effect of MSCs on ACL injury. In both studies additional treatment was combined with MSCs. The only one study was RCT. In this study MSCs is combined with Hyaluronic acid and showed evidence of long-term improvement (35).
acid. In other study patients received MSCs, dextrose and PRP injections. Clinical and MRI improvement was documented in both studies, but it is unclear what was the particular and unique effect of MSCs.

Most published articles are without control group so it is difficult to conclude whether treatment by MSCs alone is more efficient than other therapeutic modalities traditionally applied.

Future research must focus on selection of most suitable sources of MSCs, type and quantity of cells needed for regeneration of impaired tissues and controlled randomized trials with larger sample size.

5. CONCLUSION

The number of people practicing professional and recreational sports increasing all over the world. Unfortunately, it is in proportion with number of injuries. Tendon and ligament injuries are very common and known with their chronicity. Standardized treatment is mainly symptom oriented and does not provide complete healing in majority of patients. It has detrimental effect on sports carrier. Orthobiologic is a new science incorporated in different medical specialties including sports medicine. It changes the paradigm by offering regeneration of damaged structure rather than relief of symptoms. Mesenchymal stem cells are front runner in the field of regenerative medicine with thousands of scientific papers published in the last 10 years. This manuscript presents the latest clinical results related to application of mesenchymal stem cells in treatment of chronic ligament and tendon injuries. Clinical application of MSCs for treatment of tendon and ligament injuries might be good alternative option for athletes. Published clinical studies confirmed clinical improvement and integrity of impaired tissues. However, RTCs are needed to confirm real potential of cell therapy and their advantages comparing to other treatment options.

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