

BIOLOGIC INJECTION EDUCATION

Overview

Some musculoskeletal conditions may be managed with an office-based injection that uses concentrated components from your own blood. This option may be discussed for certain tendon, ligament, and joint symptoms when appropriate.

What is a Biologic Injection?

A biologic injection is prepared from a small sample of a patient's blood. After processing, the resulting solution contains a higher concentration of naturally occurring blood components (including platelets) that may be used to support the body's normal healing processes in selected conditions.

What to Expect During the Procedure

This procedure is performed in the office:

Blood is drawn from a vein in your arm.

1. The sample is processed using a centrifuge to concentrate specific components.
2. The concentrated solution is injected into the affected joint or soft tissue area.

Your clinician will review preparation instructions, aftercare, and activity guidance based on your specific diagnosis.

Conditions We May Consider

Your provider may discuss this option for select cases such as:

- Tendinopathy (elbow, shoulder, hip, knee, ankle)
- Chronic ligament-related pain
- Mild to moderate osteoarthritis-related joint pain
- Certain degenerative soft-tissue findings (case-by-case)

Is the Injection Painful?

It is common to have temporary increased soreness for a few days after the procedure. This can occur as the body initiates an inflammatory/healing response. Comfort options may include:

- Acetaminophen (Tylenol)
- Other recommendations as directed by your clinician

Your care team will review what medications and activities to avoid (if applicable) based on your condition and treatment plan.

How Many Treatments Will I Need?

The number of treatments depends on your diagnosis, symptom severity, and goals.

- Some soft-tissue conditions may be approached with one procedure plus a structured therapy/rehabilitation plan.
- For some joint conditions, a series of injections may be discussed. If a series is recommended, your provider will review timing and rationale.

Are Results Permanent?

Outcomes vary by condition, overall health, and adherence to a rehabilitation plan.

- For certain tendon problems, improvement may be long-lasting when combined with appropriate therapy and activity progression.
- For osteoarthritis, this option is used to help symptoms (pain/function) in selected patients; it does not restore lost cartilage. Some patients choose repeat treatment depending on response.

Insurance Coverage

Most insurance plans do not cover this type of biologic injection. We can review coverage considerations and self-pay options prior to scheduling.

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