

Short term result of bone marrow concentrate and platelet-rich plasma (PRP) injections for osteoarthritis (OA)

PATIENTS



Experienced at least 3 months of symptomatic OA that was unresponsive to at least two of the following:



- Activity modification
- Physical therapy
- Bracing
- Assistive devices
- Acupuncture
- Nonsteroidal anti-inflammatory medications
- Local steroid injections
- Hyaluronic acid injections
- Arthroscopy

PROCEDURE



Before the Treatment

Average pre-injection pain score was

7.0/10



The Bone Marrow Concentrate Extraction and Injection

Average procedural pain score was

2.0/10



After the Injection

Patients reported no acute adverse events within 24 hours of treatment

Average post-injection pain score was

2.0/10



"Booster" PRP Injection 8 weeks afterward

No reported adverse effects during the follow-up period

Post Treatment



No reports of worsening symptoms



Average pain reduction was **71.4%**



Average patient satisfaction was **9.0/10**



91.7% would repeat the procedure



94% would recommend the procedure to a friend



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This case series follows 125 patients who were retrospectively followed after a regenerative medicine treatment for moderate-to-severe osteoarthritis. Each patient received a single, ultrasound guided, intra-articular injection of bone marrow concentrate (BMC), followed 8-weeks later by a platelet-rich plasma (PRP) injection to the affected joint. The study was conducted from January 2012 to September 2013 (www.orthohealing.com).