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PH: 352-596-0900 FAX: 352-596-0440

www.centerforboneandjoint.com

Contraindications:

Patients with the following conditions are not candidates for this procedure: platelet dysfunction syndrome, critical thrombocytopenia, hemodynamic instability, septicemia, infection, fever, recently received cortisone injection, bone cancer, and tobacco use.

Pre-Procedure Protocol:

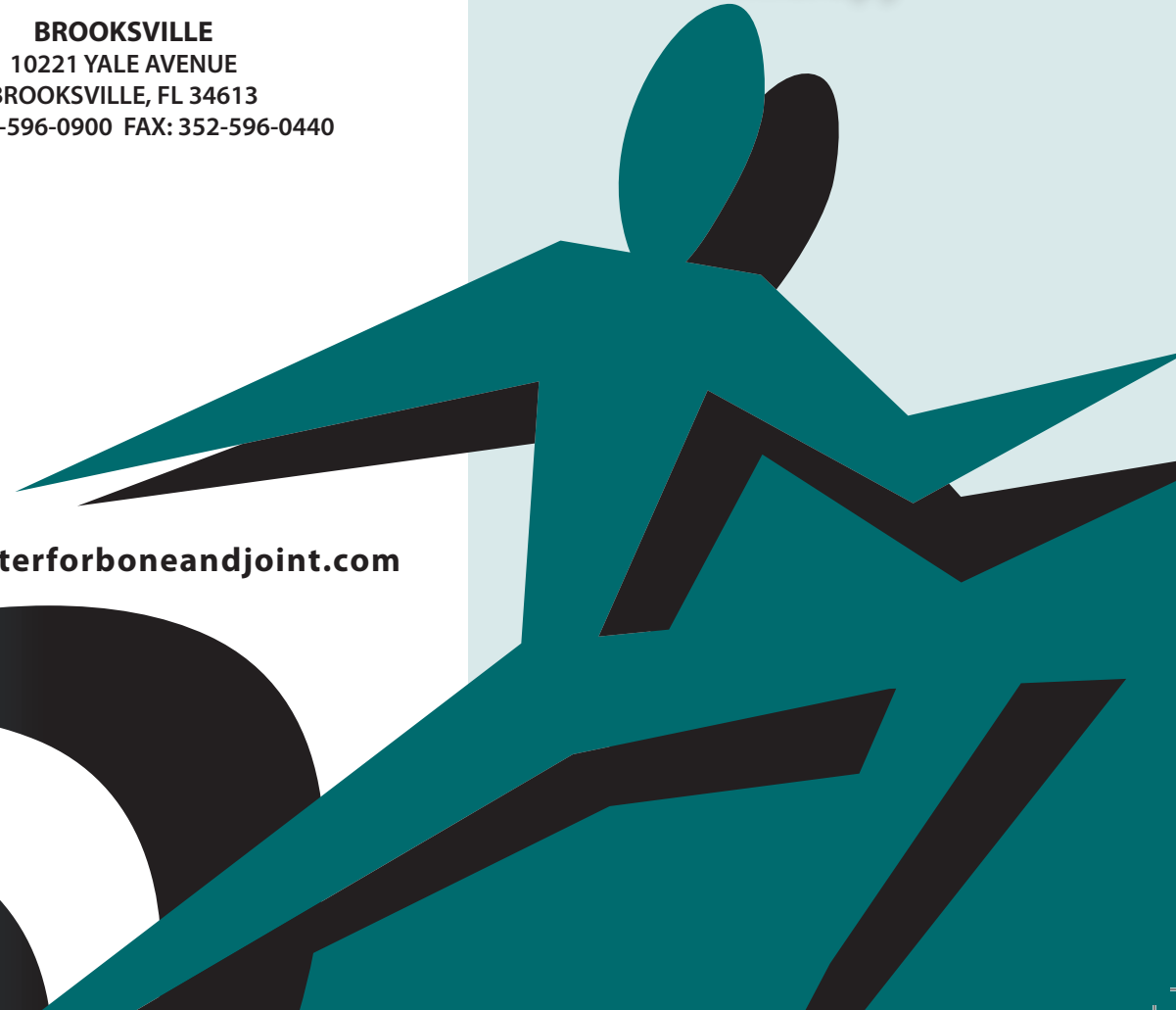
Patient needs to discontinue use of NSAIDS and anxiolytics.

Post-Procedure Care Protocol:

You will need to have someone drive you home after the procedure. Post-procedure instructions, an analgesic prescription and in most cases a 4-6 week course of physical therapy is prescribed. Patients must discontinue use of NSAID's for at least one week after the procedure unless instructed otherwise. Most individuals can return to normal activities within 72 hours. The length of time to return to athletic activities averages anywhere from 2-4 weeks.



Platelet Rich Plasma and Stem Cell Bone Marrow Aspiration Concentrate Therapy



Platelet Rich Plasma and Bone Marrow Aspiration Concentrate Therapy

The Center for Bone and Joint Disease is pleased to announce two new procedures we are offering to our patients known as "PRP" or Platelet Rich Plasma Therapy and Stem Cell "BMAC", Bone Marrow Aspiration Concentrate Therapy. This revolutionary regenerative therapy procedure is a natural alternative to surgical intervention for individuals suffering from:

- **Tendonitis**
- **Muscle sprains and strains**
- **Osteoarthritis of the joint**
- **Cervical and lumbar disc degeneration**
- **Neuropathy**
- **Ligament injuries**
- **Non-healing fractures**
- **Plantar Fasciitis**
- **Sports injuries**

The Benefits of these types of Regenerative Therapies are:

- **Decreased pain**
- **Increased healing potential**
- **Quicker recovery time**
- **Alternative procedure to surgical intervention**

Frequently Asked Questions:

What is PRP Therapy?

- PRP therapy is a non-invasive outpatient procedure that takes less than an hour to perform in our office. Blood is drawn from the patient then spun in a centrifuge to separate the red and white blood cells creating high concentration in platelets producing beneficial growth factors in the blood producing protein rich plasma from the blood. A topical anesthetic is applied to the patient and the extracted PRP is injected into the site of injury or concern with the guidance of ultrasound.

What is BMAC Therapy?

- BMAC therapy is a non-invasive outpatient procedure that takes less than two hours to perform in our office. The patient's bone marrow, also known as stem cells are taken from the pelvic or hip bone and spun in a centrifuge which separates out the platelets and regenerative cells. The newly concentrated stem cells are extracted and injected into the problematic area under ultrasound guidance to stimulate cell regeneration. If necessary PRP therapy will follow.

Who is a candidate for this PRP and BMAC?

- Typically individuals suffering from the listed conditions are candidates for PRP/ BMAC. Speak with your physician to see which type of therapeutic treatment is right for you.

Will my insurance cover this procedure?

- Most insurance companies will deny coverage since they still consider this treatment experimental. Our insurance department will contact your insurance to verify coverage for the procedure. In the event that your insurance does not cover treatment, our office will discuss financial options available.

