

Ask your provider if any of these options are right for you.

Procedure	Description
Plasma Injections	
Platelet Rich Plasma (PRP)	These injections use a type of cell found in the blood, called platelets, to accelerate, augment or enhance the healing of damaged joints, ligaments, tendons or muscles. PRP is derived from a sample of your own blood. For some patients, a local anesthetic may be mixed with the PRP and injected into the injured area. PRP injections are usually done in the clinic.
Alpha 2 Macroglobulin	Alpha 2 Macroglobulin (A2M) injections are used to treat osteoarthritis and other painful conditions of the joints, ligaments, tendons or muscles. A2M is a protein molecule that occurs naturally in your bloodstream. It promotes healing when injected into the osteoarthritic or painful area. This injection can be done during a normal office visit.
Other Orthobiologic Options	
Bone Marrow Aspirate Concentrate (BMAC)	This treatment can be used for damaged tendons, ligaments, muscles, bones and cartilage. BMAC uses your own cells, typically taken from your hip bone. These are sometimes referred to as “stem cell” procedures. BMAC procedures are usually done in the clinic with a local anesthetic. Your provider may recommend you take it easy for a couple of days afterward.
Lipogems® and AutoPose™ (Adipose-Derived)	Lipogems® and AutoPose™ procedures use your own fat (also known as adipose tissue) to help alleviate joint pain and help you regain function. In these minimally invasive procedures, fat is taken from your abdomen and injected into your arthritic or painful joint. The fat cushions and supports the joint as it heals. These procedures normally take place in your provider’s office.
Viscosupplementation	
Hyaluronic Acid injection (aka Viscosupplementation)	Viscosupplementation helps to relieve joint pain due to cartilage that has worn away. In this procedure, hyaluronic acid (a fluid naturally produced in the body) is injected into the painful joint. It helps restore the fluid that helps joints move smoothly and less painfully. Your provider may use an X-ray or ultrasound to ensure they inject the right spot. Hyaluronic acid injection is typically done in your provider’s office.
Steroid Injections	
Corticosteroid Injections	A steroid injection can help decrease pain and inflammation. Steroids are medications used to help reduce swelling (inflammation). Steroid injections are given during a normal office visit.
Tendon Sheath Injections	Tendon sheath steroid injections combine a powerful corticosteroid medication with a local anesthetic. The mixture is injected directly into an inflamed tendon sheath. These are done during a normal office visit.

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Trigger finger/Trigger thumb injections	To help ease trigger finger, your provider injects corticosteroids into the base of the affected finger or thumb. Corticosteroids are medications that reduce swelling, allowing the tendon to move freely again. These injections are done during a normal office visit.
Nerve Treatments	
lovera®	An lovera® procedure uses extreme cold to temporarily stop nerves from sending immediate pain signals. This procedure can help relieve knee pain. It can offer immediate relief and is done during an office visit.
Nerve Hydrodissection	Nerve hydrodissection is often used to treat trapped nerves. During nerve hydrodissection (HD), your provider uses an ultrasound to guide an injection of an anesthetic, saline, or 5% dextrose in water into the affected area. The goal is to separate the nerve from the surrounding tissue, fascia or nearby structures. This procedure takes place during an office visit.
Fascial Hydrodissection	The fascia is connective tissue that surrounds every organ, blood vessel, bone, muscle and nerve fiber. Fascia hold these parts of the body in place. In fascia injuries, scar tissue forms and can irritate nerve endings, causing pain. During hydrodissection your provider uses ultrasound to help guide an injection that releases tight fascia that is pushing on a nerve. This procedure is done during an office visit.
TenJet, Tenex™ (Percutaneous tenotomy)	TenJet and Tenex procedures target and treat the source of your chronic tendon pain. Your provider will use a needle-like device to deliver a controlled, supersonic stream of water. This stream of water will remove any diseased tendon. This procedure takes place during an office visit.
Hands-on Therapy	
Osteopathic Manipulative Treatment (OMT)	OMT is a hands-on treatment method used by Doctors of Osteopathic Medicine (also known as osteopaths). OMT is used to diagnose, treat and prevent illness. The doctor moves a patient's muscles and joints using specific stretching, gentle pressure and resistance. It is typically done during a normal office visit.
Nutrition	
Micronutrient testing	Micronutrient testing is a lab test to evaluate your body's levels of essential vitamins and minerals. During an office visit, a member of your care team will draw a blood sample which gets sent to a lab. The lab then measures the sample to identify any deficiencies that could be compromising your body's functions.



Not all insurance policies cover the above procedures. Please contact your insurer for further information. Our team can provide the cash pay cost for each procedure.

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Some information in this brochure has been adapted from Emmi®. Viscosupplementation. <https://patient.health-ce.wolterskluwer.com/article/procedure/D0A41343-DC8D-45D5-B035-0ADB502F03CD/5547>. November 2023. Bursitis. <https://patient.health-ce.wolterskluwer.com/article/procedure/D0A41343-DC8D-45D5-B035-0ADB502F03CD/4283>. November 2023.