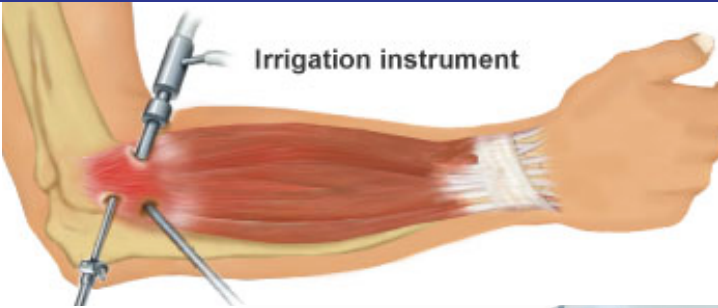
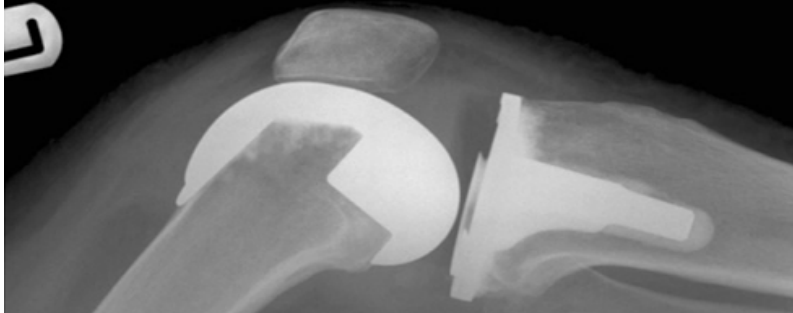


Treatment	Product	How Many?	Cost	Tendon Health	Top Tips
Surgery		1	20 Physical Therapy Visits + months off work		Infection Risk: 90 days without any injections to that area
Stem Cells from your own body		1	\$8000		1 treatment usually followed by 1 or 2 PRP
Prolotherapy (Dextrose) Platelet-Rich Plasma (Blood)		3	\$150 - 250 Prolo \$600 - 900 PRP Insurance does not pay		Some may need up to 6 treatments, usually 4 weeks apart
Tendon Support (HA)		2	\$200 Insurance might pay		Normally 2 vials, 1 week apart (each vial is \$200)
Cortisone		Maximum 4 per year	\$25 Insurance usually pays		If using very low dose, consider a maximum of 6 times a year
Shockwave / Graston / Active Release		10	\$100 per visit Insurance usually pays		Tissue Injury Risk: OK just before an injection, but not until 1 week after an injection
Needling		20	\$100 per visit Insurance usually pays		Infection Risk: Do not do this 1 week before or 1 weeks after an injection
TENS / Laser		20	\$75		No Risk

Treatment	Product	How Many?	Cost	Joint Health	Top Tips
Surgery			50 Physio Sessions + months off work		Infection Risk: 90 - 180 days without any injections near that joint
Stem Cells from your own body		Every 5 Years	\$8000		1 treatment every 5 -10 years usually followed by 1 or 2 PRP
Platelet-Rich Plasma from your own blood		2 - 3 per year	\$600 - 900 Insurance does not pay		Some may need 2 treatments, 6 weeks apart
Cartilage Lubricant		2 - 3 per year	\$300 - \$600 Insurance might pay		Some may need treatment every 3 months, others once a year
Cortisone		Maximum 4 per year	\$25 Insurance usually pays		If using a low dose, maximum of 6 times a year
Custom-Made Brace			\$2000 Insurance might pay		
Physical Therapy			\$100 per visit Insurance usually pays		Infection Risk: Do not do this 1 week before or 1 week after an injection