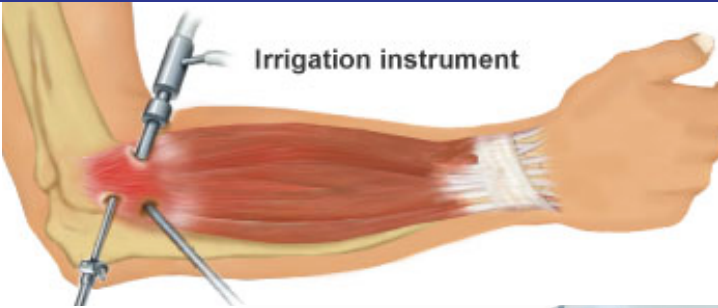
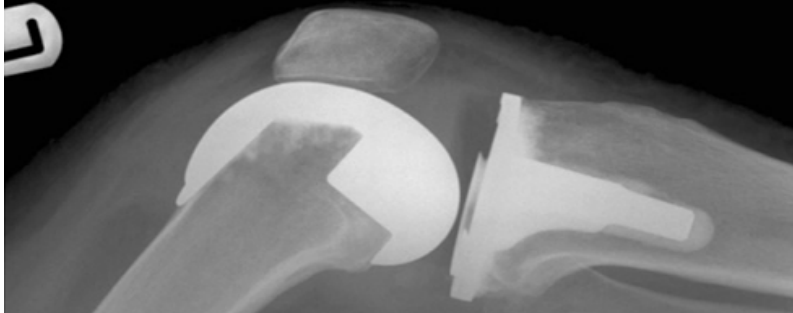
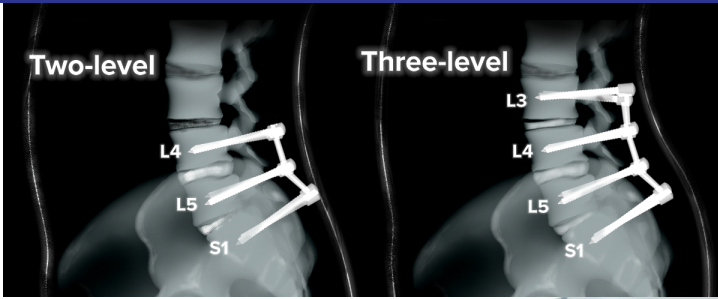


Treatment	Product	How Many?	Cost	Tendon Health	Top Tips
Surgery		1	20 Physical Therapy Visits + months off work		Infection Risk: 90 days without any injections to that area
BMAC / Adipose		1	\$8000		1 treatment usually followed by 1 or 2 PRP
Tenotomy Prolotherapy Platelet-Rich Plasma		3	\$100 Tenotomy \$300 Prolo \$900 PRP		Up to 3 treatments, usually 2 - 4 weeks apart
Tendon Support (HA)		2	\$300		2 doses, 1 week apart
Cortisone		Maximum 4 per year	\$25		If using very low dose, consider a maximum of 6 times a year
Shockwave / Graston / Active Release		10	\$75 per visit		Tissue Injury Risk: OK just before an injection, but not until 1 week after an injection
Needling		20	\$75 per visit		Infection Risk: Do not do this 1 week before or 1 weeks after an injections
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
BMAC / Adipose		Every 5 Years	\$8,000		1 treatment every 5 -10 years usually followed by 1 or 2 PRP
Platelet-Rich Plasma		1 - 2 per year	\$900		2 treatments, usually 2 - 4 weeks apart
Cartilage Lubricant		1 - 2 per year	\$500		Some may require treatment every 2 months, others only once a year
Cortisone		Maximum 4 per year	\$25		If using very low dose, consider a maximum of 6 times a year
Custom-Made Brace			\$1500		Tissue Injury Risk: OK just before an injection, but not until 1 week after an injection
Physical Therapy			\$75 per visit		Infection Risk: Do not do this 1 week before or 1 weeks after an injections

Treatment	Product	How Many?	Cost	Spine Health	Top Tips
Surgery		1 - 2	Disc: 100 Physio Fusion: 200 Physio		Infection Risk: 90 days without any injections to that area
BMAC / Adipose usually for Disc Pain		Every 5 Years	\$8,000 HSA		1 treatment usually followed by 1 or 2 PRP
Platelet-Rich Plasma for joints, nerves, discs, and connective tissue		2 - 3 per year	\$900 HSA		Up to 3 treatments, usually 2 - 4 weeks apart
Prolotherapy for joints and connective tissue		4 - 12 per year	\$300 Insurance or HSA		2 doses, 1 week apart
Cortisone for joints, nerves, discs and connective tissue		Maximum 4 per year	\$35 Insurance		If using very low dose, consider a maximum of 6 times a year
PT / Chiro / Massage		100	\$75 per visit		Tissue Injury Risk: OK just before an injection, but not until 1 week after an injection
Needling		100	\$75 per visit		Infection Risk: Do not do this 1 week before or 1 weeks after an injections
Pain Medications		5000	25 cents or less		No Risk

	Cortisone	Hyaluronic Acid	Prolotherapy	PRP & BMAC / Adipose
Disappointed Patient	Rare	This is common and usually related to insurance non-payment	Rare if the patient knows: Rare insurance coverage Might take 12 sessions	Rare if the patient knows: Rare insurance coverage Might take 3 sessions
Heat and Redness	NSAIDs & Ice	NSAIDs & Ice	NO NSAIDs Use Acetaminophen Try to avoid ice	NO NSAIDs Use Acetaminophen Try to avoid ice
Possible Infection	Urgent Care ASAP Or ER if very suspicious	On a scan, joint fluid should appear simple (anechoic)	Very rare, but Urgent Care ASAP	Very rare, but if suspected send patient to Urgent Care or Emergency Room ASAP
Moderate Pain Flare	Acetaminophen or Ibuprofen or Naproxen + Ice	Acetaminophen or Ibuprofen or Naproxen + Ice	Pre-emptively Purchase Codeine 30mg #10 q4h prn	Pre-emptively Purchase Codeine 30mg #10 q4h prn
“911” Pain Flare	Acetaminophen or Ibuprofen or Naproxen + Ice	Consider Pre-emptive Codeine #20 q4h prn for 1) Hip, GHJ, Thumb 2) any knee that has never really swollen up before	n/a	Pre-emptively Purchase Oxycodone #10 q4h prn for all tendons