

Out-of-Pocket Costs

Thank you for choosing Puget Sound Spine and Sports Medicine. Our practice does not participate with commercial health insurance plans, so we want to ensure you have the information you need to be prepared for out-of-pocket costs associated with receiving care here. (Please note, if you have an active motor vehicle or worker's compensation claim, we will bill your claim for your care.)

Below, we have provided a list of estimated costs for common appointment types and procedures. (Please note, prices are subject to change.) We offer a 20% discount for paying on the date of service.

Appointment/Procedure	Price	Price after same-day discount
Follow Up Office Visit (in-person or telehealth)	\$250 - \$400	\$200 - \$320
An office visit may be billed in addition to a procedure		
Needling/IMS/ Trigger Point Injections	\$200 - \$240	\$160 - \$192
Chemodenervation ("botox" injection)	\$1,125 - \$2,100*	\$900 - \$1,680*
SI (Sacroiliac) Joint Injection	\$600	\$480
Greater Occipital Nerve Block	\$300	\$240
Scalene Block	\$600	\$480
Spinal Injection	\$800 - \$1,000	\$640 - \$800
Existing Cash-Pay Only Procedures		
Prolotherapy	\$500	\$400
PRP	\$1,250	\$1,000

If you would like to submit bills to your insurance company directly, we would be happy to provide you with the information you will need so your insurance can reimburse you. Please let us know.

We also offer the option to pay for your care in installments. If you cannot pay for the full cost of your appointment right away, please contact our office about arranging a payment plan.

*Price of chemodenervation varies based on type and amount of toxin used. Dr. Singh will discuss this with you when considering this treatment.