

# Orthobiologic Regenerative Injection Information

*(BMA) Bone Marrow Aspirate, (PRP) Platelet Rich Plasma, Prolotherapy (rev 6/2024)*

**What is BMA, PRP & Prolo?** **Bone Marrow Aspirate (BMA)** is made from fluid taken from bone marrow. The bone marrow aspirate contains signaling cells that can help the healing of some bone & joint conditions. Bone marrow aspirate is obtained with a common, standardized minimally invasive procedure that avoids the risks of an invasive surgery. A needle is used to remove marrow from within the bone. This is done under light sedation or local anesthesia. Marrow is commonly taken from the pelvis but may be taken from other sites. Once the marrow is removed it is then injected without modification. The surgeon injects the marrow directly into the surgical site under image guidance. BMA can be used to help with bone healing, cartilage damage, arthritis, tendonitis, labral tears, rotator cuff tears, among other neuromusculoskeletal ailments. Most patients see improvement within 4-8 weeks, with continued improvement for up to 12+ weeks. Similarly **Platelet Rich Plasma (PRP)** is done with a standard blood draw to collect blood for concentration in a centrifuge and then injected into the areas of damaged tissue. This technique takes advantage of the intrinsic wound repair properties of autologous signaling cells to start a healing cascade when injected into damaged tissue. **Prolotherapy (Prolo)** also known as proliferative therapy is when a dextrose solution is injected into the injured region to induce a healing response. The lin( )-ree njed31(sp)-23(on)22(s)-erapsi reWBTFscAso s2(u)-22( )