

OUR TREATMENTS

Bone Marrow Concentrate (BMC)

The orthobiologic treatment utilizing Bone Marrow Concentrate (BMC) or Bone Marrow Aspirate (BMA) is similar to that of PRP but with a bigger punch. BMC is created by concentrating aspirate from your pelvic bone. BMC is a rich source of progenitor cells, platelets, and anti-inflammatory mediators. These cells bind to an injury site and initiate and organize repair to the damaged tissue. MSCs are a potent tool for focusing on the body's natural repair process. After the collection of aspirate, concentrating your BMC in our laboratory enables us to achieve a higher level of purity. A higher level of purity means your treatment contains only what your body needs to start and continue the healing process.

How is BMC made?

We make BMC by performing an aspiration from the posterior pelvic bone. We utilize local anesthesia to numb the area being aspirated. This aspirate is then placed into a centrifuge, which separates the platelets from other components of your blood. Our process:

- Perform a posterior pelvic bone blood draw
- Purify and concentrate the platelets
- Inject to the site of injury

What are the clinical indications for using Bone Marrow Concentrate (BMC)?

BMC may be useful in the following clinical conditions:

- Tendinopathy
- Ligament Injury
- Degenerative Joint Disease
- Fracture Care

What happens after the BMC injection in the office?

Depending on the specific area being treated, crutches or upper body immobilization may not be necessary. If immobilization is necessary, then typically it can be stopped after 2 days. Most patients will have some soreness for up to 48 hours that should decrease. Patients may use tylenol or other pain medications. NSAIDs and other anti-inflammatories should be avoided in the post-procedure period because they block the response that leads to healing. If pain is uncontrolled a prescription for Mobic or Celebrex can be sent to your pharmacy. These two NSAIDs have been shown to have little effect on healing post-procedure. Patients should refrain from significant physical activity or sports activities for about a week after the procedure. Patients are re-evaluated every 4-8 weeks after the procedure to evaluate their progress and to make further treatment recommendations.

What is the cost for BMC Therapy?

In the United States, most insurance plans and Medicare/Medicaid do not currently cover BMC therapy. Patients interested in having BMC therapy are responsible for the full payment for the procedure. Current pricing for most BMAC injections depends on the number of injection sites. The price includes typical follow up care after the procedure. We do not want cost to be a factor for patients who wish to have BMC therapy and we have clinical specialists who can help with billing and payment concerns. Please call **833-AOB-SHOT (833-262-7468)** with questions on cost or payment plans.