

BMAC INJECTION PROTOCOL

PRE- & POST-INJECTION PROTOCOLS FOR BONE MARROW ASPIRATE CONCENTRATE (BMAC) INJECTIONS

In an effort to optimize your outcomes following a BMAC injection, TCO has developed the following pre- and post-injection protocols for you to follow. These are general guidelines. Your physician will discuss any restrictions or modifications that may apply specifically to you.

PRE-INJECTION PROTOCOL:

- Complete pre-procedure forms from Oberd.
- Stop smoking for 90 days.
- Avoid steroids (e.g. Cortisone, Prednisone, Medrol Dose Pack) for 90 days.
- Reduce alcohol consumption to 2 or less drinks/day for 90 days.
- Avoid NSAIDS (e.g. Advil, Motrin, Ibuprofen, Aleve, Celebrex) for 2 weeks prior to the procedure.
- Off-load joint:
 - Heel wedges
 - Off-loader brace
- Gait analysis assessment.

POST-INJECTION PROTOCOL:

- Complete post-procedure forms from Oberd.
- Avoid NSAIDS (e.g. Advil, Motrin, Ibuprofen, Aleve, Celebrex) for 2 weeks following the procedure. Tylenol can be taken as needed for pain. If needed, your physician will discuss other pain-management options with you.
- Avoid kneeling, squats, lunging activities, running, jumping or other high-impact activities (e.g. running or stop-and-go sports) for up to 3 months.
- Ride a stationary bike with low tension for 10-12 minutes per day, 6 days per week, for 4-6 weeks.
- Your physician will discuss any other specific exercises you should complete following a BMAC injection.