

BMAC VIA SUBCHONDRAL INJECTION PROTOCOL

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

In an effort to optimize your outcomes following a BMAC procedure via subchondral 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 (strongly recommended).
- Avoid steroids (e.g. Cortisone, Prednisone, Medrol Dose Pack), including steroid injections in the involved joint, for 90 days.
- Reduce alcohol to 2 or less drinks/day for 90 days (strongly recommended).
- Avoid NSAIDS (e.g. Advil, Motrin, Ibuprofen, Aleve, Celebrex) for 2 weeks prior to the procedure.
- Off-load malaligned joint (heel wedges or off-loader brace, if necessary).
- Exercise for joint mobilization:
 - Stationary bike 10-15 min per day, 6 days/week
 - Isometric exercises for quad and gluteal

POST-INJECTION PROTOCOL:

- Complete post-procedure forms from Oberd.
- Avoid NSAIDS (e.g. Advil, Motrin, Ibuprofen, Aleve, Celebrex) for 2 weeks following the procedure. If indicated, pain medication may be prescribed for 2-7 days post-surgery.
- 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. Most patients are able to return to normal activities, including light running, at 3 months. Competitive sports are allowed after 6 months.
- Ride a stationary bike with low tension for 10-12 minutes per day, 6 days per week, for 4-6 weeks.
- Patients are restricted to protected weight bearing for 1 week. Weight-bear as tolerated, but use a walker or crutches for protection.
- If tolerated, use an off-loading brace for up to 8 hours per day for 2 months post-surgery. Patients should wean themselves off the brace over a 2-4 week period.
- Follow-up visits should be done at 2 weeks and 3 months.