

LAKESHORE

BONE & JOINT INSTITUTE

ORTHOPEDIC EXCELLENCE. KEEPING YOU IN MOTION.

Scheduling

Call Dr. Levenda's staff at (219) 395-2109,
and they will be happy to schedule you
for the procedure.

Chesterton

601 Gateway Boulevard
Chesterton, IN 46304

Portage

3691 Willowcreek Road
Portage, IN 46368

www.LBJI.com 

Lakeshore Bone & Joint Institute complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



EXPECT GREATNESS

Understanding Orthobiologics

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Orthobiologics

The following are in-office procedures utilizing patients' own tissue, which have been shown to help heal damaged or injured tissue, as well as reduce symptoms of pain and swelling. This type of treatment can be used for patients with conditions such as:

- Arthritis
- Cartilage injuries
- Labral tears (hip, shoulder)
- Ligament injuries (ACL, MCL, UCL)
- Tendon tears (rotator cuff)
- Tendonitis (tennis elbow, Achilles tendon, patella tendon)

Platelet-Rich Plasma (PRP) Injections

PRP stands for platelet-rich plasma. A PRP injection is a procedure where blood is drawn from the patient and spun in a centrifuge to separate the plasma from the whole blood. The plasma portion of the blood includes a high concentration of platelets, which contain many growth factors and are important in the healing process.

The plasma can then be injected into the patient at the site of injury. The platelets have been shown to enhance the body's natural ability to heal, which in turn will decrease symptoms.

Stem Cell Therapy

Stem cell therapy is when immature cells from a patient's bone marrow are used to promote the healing of damaged tissue. This is also referred to as bone marrow aspirate concentration (BMAC).

Bone marrow is obtained from the patient's humerus, pelvis, tibia, or adipose tissue and then spun in a centrifuge to obtain a high concentration of stem cells. This can then be injected into the area of damaged tissue or arthritis to promote healing.

Additional Information:

- Drink plenty of water 24 – 48 hours prior to the procedure.
- Make sure to wear comfortable clothing.
- You may want to have someone to drive you home following the procedure.
- There may be mild discomfort at the harvesting and injection sites.
- Plan to rest the day of the procedure.
- Recovery time is injury-specific.

Orthobiologics is a promising area of orthopedics with supporting research. Although many patients have had success with these treatments, it is still considered experimental and investigational. Because of this, the financial cost of the procedure is the patient's responsibility.

