

About

Dr. Cole recommends two types of OrthoBiologics as office-based treatments or adjuncts to surgery: platelet-rich plasma (PRP) and bone marrow aspirate concentrate (BMAC). Both options are autologous (come from the patient), with PRP being blood-derived and BMAC being bone marrow-derived. Due to their experimental or investigational nature, both PRP and BMAC have an associated out-of-pocket expense that will not be covered by insurance.



General Information

Please reach out with any questions!



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Patients may use their health savings or flexible spending accounts for this treatment. Payments will need to be collected in full prior to treatment. Unfortunately, we do not offer payment plans currently.



Understanding OrthoBiologics

briancolemd.com



For more detailed information:

Please visit briancolemd.com. Under the "Educational Resources" tab, you will find educational videos, professional lectures and presentations, and peer-reviewed publications on both PRP and BMAC.

Why PRP or BMAC?



Both PRP and BMAC have been found to improve symptoms or surgical outcomes in clinical trials and practice. The content of these injections are believed to function like "biologic pharmacies," delivering nutrients, growth factors, and various biologic molecules to a site of degeneration, injury or surgical repair. The mechanism of action of these treatments are not fully delineated, but they are not necessarily related to stem cells nor are they "regenerative" in nature.

Potential benefits include*:

- Reduced inflammation and pain
- Effects on healing
- Improved surgical outcomes

Common conditions where OrthoBiologics are used:

- Osteoarthritis
- Cartilage repair/transplantation
- Soft tissue repair (i.e., Rotator cuff)
- Bone healing
- Ligament reconstruction

*Potential Benefits supported by peer-reviewed literature:
<https://www.briancolemd.com/orthobiologics/>

PRP

The blood-derived product is prepared in the office or during surgery. 20cc of blood is drawn and centrifuged for 5 minutes and injected into the area of interest. PRP does not increase surgical time, prolong recovery, or require extra sutures.

BMAC

Bone marrow aspirate is prepared intra-operatively, while under anesthesia. 60cc of bone marrow is extracted, centrifuged, and injected into the area of interest. This does not increase surgical time, prolong recovery, or require extra sutures.

