



# ORTHOPAEDIC SPECIALISTS OF MASSACHUSETTS, P.C.

Robert L. Patz, M.D. • Mark J. Messineo, M.D. • Peter E. Mebel, M.D. • Joseph L. Sirois III, M.D. • Stanley Hom M.D. • Peter Dewire, M.D. • Alicia M. McKersie, PA-C

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## *ORTHOPAEDIC SPECIALISTS OF MASSACHUSETTS (OSM) REGENERATIVE MEDICINE PROGRAM*

### INTRODUCTION

- At Orthopaedic Specialists of Massachusetts (OSM) we strive to offer the latest techniques in non-surgical regenerative medicine treatments. Regenerative medicine refers to treatments that help stimulate the body to heal itself through introduction of growth factors and cytokines. There are a variety of techniques and types of injections that have been shown by clinical research to improve symptoms and quality of life. Conditions treated include arthritis, tendonitis as well as some tendon and ligament injuries.
- Currently at Orthopaedic Specialists of Massachusetts we offer a variety of injection therapies including platelet rich plasma (PRP), human amniotic membrane allograft (AmnioFix), as well as Viscosupplementation (lubricant).

### ULTRASOUND GUIDANCE

- As part of performing these treatments at OSM, we feel it is important to use the latest imaging technology including ultrasound guidance for performance of these specialized injections. Numerous studies have shown that utilization of ultrasound allows for the more accurate placement of injections into specific anatomic areas.

### PLATELET RICH PLASMA (PRP)

- Platelet Rich Plasma injection is an ultrasound guided procedure where a test tube of blood is drawn usually from the patient's arm. This is then spun in a specially designed centrifuge to create a fluid for injection that is "rich" with platelets and multiple growth factors.

### AmnioFix (HUMAN AMNIOTIC MEMBRANE ALLOGRAFT)

- AmnioFix is processed and sterilized amniotic membrane allograft tissue. This is formulated into a fluid which can be injected into anatomic areas under ultrasound guidance to help modulate inflammation and increase healing. This has been utilized in conditions such as knee arthritis and tendonitis.

### VISCOSUPPLEMENTATION

- Viscosupplementation is a formulation of hyaluronic acid that is injected into the knee to create cushioning and lubrication, as well as a possible anti-inflammatory response within the knee. Studies have shown that it can be effective to diminish symptoms of knee arthritis.

**QUESTIONS: PLEASE FEEL FREE TO ASK YOUR CLINICIAN IF ANY OF THESE TREATMENTS MAY BE RIGHT FOR YOU. SOME TREATMENTS MAY BE COVERED BY INSURANCE, BUT OTHER TREATMENTS SUCH AS PRP AND AMNIOFIX ARE CURRENTLY NOT COVERED BY MOST INSURANCE CARRIERS.**

If you have any questions regarding details of procedure or cost, please contact Orthopaedic Specialist of Massachusetts (Lisa Doody, OSM Regenerative Medicine Program Coordinator (781) 769-6720)

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**Guild Medical Building**  
825 Washington Street, Suite 260  
Norwood, MA 02062  
P: 781.769.6720 F: 781.769.0691  
[www.orthomass.com](http://www.orthomass.com)

**Pondville Medical Center**  
31 Pine Street, Suite 207  
Norfolk, MA 02056  
P: 508-623-3830 F: 508.623.3831  
[www.orthomass.com](http://www.orthomass.com)

**Milton Hospital, Doctors Office Bldg**  
100 Highland Street, Suite G3  
Milton, MA 02186  
P: 617.696.9299 F: 617.298.2107  
[www.orthomass.com](http://www.orthomass.com)