



Amniotic Injection Frequently Asked Questions:

Q: What are Amniotic Injections?

A: Amniotic injections are processed from placental tissue donated by screened women at the time of C-section. Injections are ultrasound guided into the problematic tissue (joint, tendon, or ligament) and activate the body's natural healing cascade.

Q: How do Amniotic Injections work?

A: Amniotic tissues contain tissue collagen (healing scaffold or matrix), growth factors, heavy chain hyaluronic acid, and inhibitors of the chemicals that breakdown tendon and cartilage. Some products contain amniotic fluid as well. Amniotic tissues are well known to help prevent and heal areas of scar tissue.

Q: Why should I get Amniotic Injections?

A: Amniotic injections are a type of Regenerative Injection therapy, and are intended to help heal a body part that has failed to heal. They are an alternative to symptom-control measures such as pain medications and anti-inflammatory injections such as cortisone. While human studies are still few, they show promise in healing tendon, muscle and ligament injuries and osteoarthritis.

Q: What do Amniotic Injections treat?

A: Musculoskeletal injuries of tendons, ligaments, muscles, cartilage and nerves entrapped in scar tissue. Examples include: Osteoarthritis, ligament/muscle/tendon strains and partial tears, and painful nerve lesions.

Q: Do I need to do anything before my injection?

A: Avoid anti-inflammatories and steroid medications for 1 week before and 2 weeks after the injection. You may pre-medicate if needed for expected pain with over the counter Tylenol about 2 hours prior to your appointment.

Q: When can I resume physical activity?

A: This depends on the severity of your injury, but as a general rule no physical activity should be done at least 2 days following the injection. Physical therapy guided activity, gentle range of motion (stretching), and non-weight bearing activity may be done 4 days to up to 2 weeks after your injection. After about 2 weeks, progressive activity is initiated, as dictated by your doctor.

Q: How many times do I have to get the injections? How often do I get them?

A: On average, patients will only need 1 injection per anatomical structure (joints, meniscus, labrum, ligaments, tendon, muscles, bursa, or fascia/connective tissue, etc.). The treatments may take 4-6 months to see optimal healing.

Q: What should I expect after the procedure? Any limitations?

A: You may experience redness, swelling and discomfort after the procedure. You may apply ice or heat to the area for 15 minutes every 1-2 hours for the first 48 hours. By day 3-5, symptoms will begin to resolve significantly. Rarely, flares can last up to 2 weeks. The day of and day after the procedure you should limit the activity related to the injection site to activities of daily living, but can do gentle range of motion exercises. Impact activity will be restricted based on the issue being treated and can range from 2-8 weeks. In most cases, your physician will recommend physical therapy to aid in the return to activity.

Q: Will insurance cover the cost of the procedure?

A: Unfortunately, most insurance companies still consider Amniotic Injections too new of a treatment to be covered. Feel free to check with your insurance provider for more information, but at this time we have not found insurers are covering this treatment.

Q: How do I know I am responding to treatment?

A: There are a variety of measures that can be used to measure progress. While pain relief is the ultimate goal, it is not the best way to measure early progress. Strength and improved function are the first changes we see.

Q: What is in the injection?

A: While there are many amniotic tissue manufacturers, we use companies that use a mixture of amniotic membrane tissue and amniotic fluid. We also work with manufacturers who are engaged in meaningful research with ongoing human studies for osteoarthritis and tendon problems, showing the benefit of their specific products.