

# Joint injections offered at DCH CORE Center

## Corticosteroid injections (Cortisone)

Cortisone shots are injections that can help relieve pain and inflammation in a specific area of your body. They're most commonly injected into joints, such as the ankle, elbow, hip, knee, shoulder, spine or wrist.

## Viscosupplement Injections

In this procedure, a gel-like fluid called hyaluronic acid is injected into the knee joint. Hyaluronic acid is a naturally occurring substance found in the synovial fluid surrounding joints.

## Platelet Rich Plasma injections (PRP)

This therapy uses injections of a concentration of a patient's own platelets to accelerate the healing of injured tendons, ligaments, muscles and joints. In this way, PRP injections use each individual patient's own healing system to improve musculoskeletal problems.

## Stem cell injections (BMAC) Bone Marrow Aspirate Soncentration

These cells are active healing agents in the body. They have the ability to decrease inflammation and restore a healthier environment within a painful joint. Currently the most accepted area to collect and concentrate MSCs used for orthopedic applications is the patient's bone marrow from the iliac crest ("hip bone"). Bone marrow is removed from the hip bone using a simple procedure, and the bone marrow aspirate is then concentrated in a centrifuge. This is called bone marrow aspirate concentrate (BMAC). Once concentrated, the final product is very similar to PRP but with the addition of stem cells.

**Amniotic Injections derived from placental tissue is NOT used at Daviess Community Hospital**



**Andrew Houchins, PA-C, MPAS**

Andrew joined DCH Orthopedics in 2019 and has been performing joint injections for over 13 in a variety of settings.

Andrew is a retired (2018, Major) US Air Force Fellowship Trained Orthopedic Surgery Physician Assistant. Andrew also has extensive experience in both inpatient and outpatient care, as well as, Surgical First Assist duties.

In addition to his Orthopaedic Surgery experience, he also has 5 years of Family Medicine experience and a collective 15 years of Operating Room experience to date.