



Cleveland Clinic

Joint Preservation Center

Joint pain can affect anyone and is increasingly common as we age. It can involve every aspect of our lives – walking, climbing steps, playing sports, and working – and can be difficult to ignore.

There are many ways to successfully treat different types of joint pains and to get back to an active lifestyle.

Cleveland Clinic's Joint Preservation Center

Joint preservation refers to non-operative or minimally invasive therapeutic treatments to care for your joints. Cleveland Clinic provides a comprehensive approach to joint care from nutrition and physical therapy to rehabilitation and orthobiologics.

For every patient our goal is the same – to reduce pain, improve joint function and improve your quality of life. From your initial diagnosis to the treatment options and management process we will assess your conditions and review all non-invasive options.

Defining Orthobiologics

Orthobiologic therapies involve the use of biologic molecules, growth factors, tissues and cells. These are used to improve function, decrease pain, decrease inflammation and provide a more suitable healing environment for various conditions that affect tissues in and around the joints.

What Conditions are managed with Orthobiologics?

Our Joint Preservation Center approaches orthobiologic therapies as a treatment option for a broad range of conditions that affect tissues in and around joints.

- **Osteoarthritis:** Also known as degenerative joint disease – and one of the most common causes of joint pain
- **Tendinitis and tendon tears:** Overuse from repetitive activity, injury, swollen or inflamed tendons, or a ruptured tendon.
- **Muscle strains and ligament sprains:** A strain is a stretch or tear in a muscle or tendon. A ligament connects bones to bone at joints. A ligament sprain is a stretch or tear in a ligament.

Common conditions we treat include:

- Achilles tendinitis
- Arthritis of the joints
- Hip pain
- Knee pain
- Ligament sprains
- Meniscus tears
- Muscle strains
- Plantar Fasciitis
- Tendinitis or Tendinosis

Orthobiologic therapy options:

Together with your physician, you will review a comprehensive set of options and determine the best therapies for your condition. This may include one of the following orthobiologic therapies:

- Amniotic fluid
- Bone marrow concentrate (BMC)
- Hyaluronic acid (HA)
- Placental tissue extracellular matrix (PTM)
- Platelet rich plasma (PRP)



We offer orthobiologic therapies with the greatest evidence of safety and potential efficacy. Cleveland Clinic is dedicated to researching orthobiologic therapies to provide the best possible treatments.

Orthobiologic therapies are an out-of-pocket expense to you and are not currently covered by insurance.

Cleveland Clinic strives to provide orthobiologic therapies at very competitive rates.

To schedule an appointment call 216.518.3468

Stay up to date with the latest treatment options for joint preservation.

Visit clevelandclinic.org/JPCGuide