

Orthokine®-Therapy

Recommendations for indication and dosage

These recommendations are based on prospective, randomized studies, clinical observational studies and long-time experiences.

Joints	Indication	Number of injections	Recommended dosage per injection (mL)	Recommended frequency
large joints: - e.g. - knee - hip - shoulder - ankle	- osteoarthritis - post arthroscopy - post ligament surgery - „Frozen shoulder“ - rotator cuff post surgery - traumatic injuries	4-6	2-4	1-3 / week
small joints: e.g. - first carpometacarpal joint - elbow joint - acromio-clavicular-joint - metatarsal joint - metacarpophalangeal joints of hand and foot	- osteoarthritis - traumatic injuries	3-6	0,5-2,5	1-3 / week
Spine				
- peri articular - facet joints - epidural - trigger points - nerve root	- stenosis - sciatica - disc prolaps - facet osteoarthritis - radiculopathy - pseudoradicular as well as local back pain	3-6	2-4 0.5-1 / facet joint 0.5-2 / nerve root	1-3 / week
Sports injuries*				
muscle injuries	- filament fissure - bundle fissure - contusion	3-6	2,5-5	2-3 / week
tendon injuries	- chronic tendinitis - post operation - insertion tendinitis - achillodynia - (calcaneal spur)	3-6	2-4	2-3 / week

*According to the WADA Prohibited List the Orthokine®-therapy is **not** classified as a doping substance!