Case study 2: The Painful Shoulder

46-year-old Caucasian male presents with a year and a half of persistent subacromial shoulder pain unresponsive to conservative treatment. MRI demonstrates large partial-thickness tear of the supraspinatus tendon. Patient desires non-operative management if possible, and is seen for interventional orthopedic regenerative medicine consultation. This patient has a supraspinatus tendon tear on ultrasound with tissue defect. Although the use of platelet-rich plasma injections have been commonplace in sports medicine and physical medicine rehabilitation practitioners offices, this type of tear does not heal well with simple platelet-rich plasma injections. Repeated PRP injections would lead to escalating costs of care, which is typically paid out-of-pocket by the patient. An orthopedic surgical consultation and surgical repair of the rotator cuff leads to protracted recovery time and significant expense.

The IROM approach was to utilize a proprietary autologous collagen extracellular matrix graft in conjunction with other biologic, growth factor, and, cellular therapies including stem cell injected within the defect. The shoulder will require some period of immobilization, but postprocedural pain recovery occurs in days not months. This patient went on to have rapid resolution of shoulder pain and is now back in a gym-based exercise program and recreational activity. This was done with minimal downtime and cost savings since we were able to avoid surgical repair.