

BMAC Injection Overview

Use this worksheet to assess patient candidacy, document procedure details, and track outcomes for Bone Marrow Aspirate Concentrate (BMAC) injections.

1 WHAT IS BMAC?

BMAC (Bone Marrow Aspirate Concentrate) is an autologous regenerative therapy. Bone marrow is harvested from the patient's iliac crest, concentrated via centrifugation to increase mesenchymal stem cell and growth factor density, then injected into the target tissue under image guidance.

Example: Common indications: knee osteoarthritis (K-L grade II-III), rotator cuff partial tears, avascular necrosis (early stage), non-union fractures, cartilage defects.

2 PATIENT SELECTION CRITERIA

Ideal candidates have failed conservative treatment (physiotherapy, NSAIDs, corticosteroid injections) for at least 3-6 months. BMAC works best for mild-to-moderate joint degeneration rather than end-stage arthritis.

Example: Contraindications: active infection, blood disorders, anticoagulant therapy, malignancy, pregnancy, immunosuppression.

Patient Screening

Complete the following for each BMAC candidate.

Patient name and date of birth

Primary diagnosis and affected joint/area

Duration of symptoms and previous treatments tried

Imaging findings (X-ray/MRI grade and key observations)

Contraindications screened (list any identified)

Patient expectations discussed? Goals of treatment:

Procedure Documentation

Record procedure details on the day of the BMAC injection.

Date of procedure and treating clinician

Harvest site and volume of marrow aspirated (mL)

Centrifugation protocol (system used, spin time, RPM)

Final BMAC volume and cell count (if available)

Injection site, guidance method (ultrasound/fluoroscopy), and volume injected

Complications or adverse events during procedure

Post-Procedure Follow-Up

Track patient outcomes at each follow-up visit.

Pain score at baseline (VAS 0-10)

Pain score at 4 weeks

Pain score at 12 weeks

Functional improvement (ROM, activity level, patient-reported outcomes)

Patient satisfaction rating (1-5) and comments

Need for repeat injection or alternative treatment? Notes:
