

ORTHOBIOLOGICS

Orthobiologics for the *Shoulder*

Regenerative options for shoulder pain, rotator cuff, and tendon problems, explained honestly, including where the evidence is stronger and where it is still emerging.

CONDITIONS WE CONSIDER BIOLOGICS FOR

- Rotator cuff tendinopathy and partial tears
- Biceps tendinopathy
- Shoulder (glenohumeral) osteoarthritis

WHICH BIOLOGIC, AND WHY

PRP is the biologic we use most in the shoulder, usually for rotator cuff and other tendon problems. It has also been studied as an add-on during rotator cuff surgery.

For the joint and bone itself, **intra-osseous BMAC**, placing the biologic into the bone rather than only the surrounding soft tissue, is an emerging and promising approach, and part of why the outlook for the shoulder is improving.

The honest headline. Honestly, of these joints the shoulder has had the weakest evidence, but that's beginning to change, helped by the growing use of intra-osseous BMAC and by longer follow-up that captures benefit earlier studies measured too soon to see.

A STRAIGHT READ ON THE EVIDENCE

We'll be straight with you: of these joints, the shoulder has historically had the weakest evidence for biologics. That picture appears to be changing, for two reasons. First, the growing use of **intra-osseous BMAC**, placing the biologic into the bone rather than only the surrounding soft tissue. Second, **longer follow-up**. Biologics can take longer to show their full effect, and some earlier studies likely called it a failure too soon by measuring outcomes too early. We'll give you an honest read on where your specific problem stands today.

WHO THIS IS, AND ISN'T, FOR

Often a reasonable option

- Mild-to-moderate arthritis or a chronic tendon problem still painful after therapy and simple measures
- Wanting to calm pain and possibly delay surgery, with realistic expectations
- Even more advanced arthritis, when the goal is to delay surgery, understanding the odds of success are lower

Probably not the answer

- An active infection, or certain blood or bone-marrow conditions
- Expecting a guaranteed cure or an overnight result
- Unable to follow the pre- and post-injection plan, such as holding NSAIDs and resting

- Generally healthy enough to heal well, and able to pause anti-inflammatories around the injection

Ready when you are. We'll evaluate your shoulder and give you a straight recommendation, whatever it is. Learn more at wichmanortho.com.

This guide is for general education and is not medical advice. Orthobiologic treatments are not FDA-approved to cure or reverse any condition; results vary from person to person and they are not right for everyone. Whether a treatment is appropriate for you is a decision made with your physician after an evaluation. © 2026 Wisconsin Center for Orthopedics and Wellness, S.C. (Wichman Orthopedics and Wellness).