

All injections performed under ultrasound guidance · Prices are approximate guides only

JOINT INJECTIONS						
TREATMENT	BEST FOR	ONSET	DURATION	INJECTIONS	APPROX. COST	NSAIDs OK?
nSTRIDE APS Biologic · Your blood	OA or cartilage wear/degeneration, small or large joints	1–4 wks	12–24+ mo	1 only	~\$1,400	Avoid before & after
PRP — Joint Platelet-Rich Plasma	OA or cartilage wear/degeneration, small or large joints	Wks–months	6–18 mo	2–3 series	~\$800	Avoid before & after
Hyaluronic Acid Viscosupplementation	OA or cartilage wear/degeneration, small or large joints	2–4 wks	3–6 mo	1–3 series	~\$600	Yes
Arthrosamid Polyacrylamide hydrogel	Moderate–severe knee OA	2–6 wks	2–5+ years	1 only	~\$5,000	Yes
Cortisone Corticosteroid injection	Joints, bursae, OA flare-ups	3–5 days	Wks–months	As needed (max 3/yr)	~\$60	Yes

SOFT TISSUE INJECTIONS (TENDONS & LIGAMENTS)						
TREATMENT	BEST FOR	ONSET	DURATION	INJECTIONS	APPROX. COST	NSAIDs OK?
SportVis Soft tissue HA · STABHA	Tendon or ligament pain or small tears	1–3 wks	Up to 12 wks (repeat prn)	2 (1 wk apart)	From ~\$500	Yes — no downtime
PRP — Soft Tissue Platelet-Rich Plasma	Chronic tendons: Achilles, patellar, elbow, plantar	Wks–months	6–18 mo	2–3 series	~\$800	Avoid before & after
Cortisone Corticosteroid injection	Acute tendon flares, bursitis, trigger finger	3–5 days	Wks–months	As needed (max 3/yr)	~\$60	Yes

SHOULDER CONDITIONS						
TREATMENT	BEST FOR	ONSET	DURATION	INJECTIONS	APPROX. COST	NSAIDs OK?
Hydrodilatation Frozen shoulder · Stage 2	Frozen shoulder (stiff/frozen stage)	Days–weeks	Shortens recovery	1–2 sessions	~\$300	Yes
Barbotage Needling & lavage	Calcific tendinosis (calcium deposits in rotator cuff)	Days–weeks	>70% significant improvement	1–2 sessions	~\$300	Yes
Cortisone For both conditions	Frozen (Stage 1) or calcific flare	3–5 days	Wks–months	As needed (max 3/yr)	~\$60	Yes

Ultrasound Guidance — Our Standard

Every injection uses live ultrasound imaging.
Blind injections miss target 30–70% of the time.
Ultrasound accuracy: 90–100% — safer & more precise.
You may watch the screen during your procedure.

Insurance Coverage

Cortisone: often covered by provincial/extended plans.
Hyaluronic acid (joint): often covered by extended health.
SportVis: often covered by extended/3rd-party plans.
PRP, nSTRIDE, Arthrosamid: typically out-of-pocket.
Confirm coverage with your insurer before appointment.

After Your Injection

nSTRIDE & PRP: avoid NSAIDs (Advil/ibuprofen) before AND after.
All other injections: NSAIDs are fine if needed.
Use plain Tylenol + ice for post-injection soreness.
Attend physiotherapy as recommended by your doctor.
Contact clinic if fever, severe swelling, or signs of infection.