

UW Medicine

Autologous Blood Injection (ABI)

At UW Medicine Sports Medicine Center

This handout explains autologous blood injection, one way to treat chronic tendon injury. This treatment is done at the UW Medicine Sports Medicine Center at Husky Stadium.

What is autologous blood injection?

Autologous blood injection (ABI) is one way to treat *tendinopathy* (chronic tendon injury). In ABI, we inject your own blood into the area of pain to increase healing. The goal of ABI is to reduce your pain and improve your ability to move and use your injured limb.



How is ABI done?

First, we will draw blood from your arm. The area around your injury is then numbed. Guided by ultrasound, the doctor will inject your own blood into the injured area. Some people find the injection painful, but some do not.

After the injection, we may put ice on the area for 10 to 15 minutes. The entire procedure takes about 45 minutes.

Autologous blood injection is one way to treat chronic tendon injury to help you return to your sport or exercise routine.

How do I prepare for ABI?

Most people can drive after their ABI. If you are anxious about driving, bring a driver with you to your appointment or arrange another way to get home.

If the injection is in your foot, you may be given a boot to wear. You can remove the boot to drive.

Can anyone get ABI?

- ABI is a safe treatment for most people.
- We do not do ABI for back or neck injuries, such as *herniated disks*.
- If you are traveling to our clinic from a distance, please tell the schedulers so that we can review your chart before your ABI. We will make sure you do not have any health issues that would make ABI unsafe.

Is ABI covered by insurance?

Most insurance policies cover ABI. Please talk with our scheduler about your insurance coverage before you set up your appointment.

What other treatments are used for tendinopathy?

- The Sports Medicine Center also offers *platelet-rich plasma* (PRP) treatment. PRP is not covered by insurance. If you want to learn more about PRP, please ask for our handout on the treatment.
- *Stem cells* are another possible treatment for tendinopathy. We do not offer this procedure at this time.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 2.