DR. JASON PIROZZOLO

A Sports Medicine View of BPC 157: What Matters Now?

BPC-157 is a peptide, meaning a short chain of amino acids, and the new federal policy does not prove it helps orthopedic recovery. What it does change is the compounding path for certain peptides. Compounding means preparing a medication for an individual patient's needs. A newly released federal peptide compounding policy is adding to the discussion about future options for nonsurgical orthopedic care at **Key West Concierge Orthopedics**.

Jason Pirozzolo, DO, a sports medicine physician, would keep the focus on your actual injury first, not on a peptide by itself. "Bring your questions, a current medication list, and the treatments you have already tried," he says. That keeps the visit centered on what hurts, what you need to get back to, and where BPC-157 does or does not fit.

What people usually ask about

Most people asking about BPC-157 are trying to recover from tendon pain, muscle strain, or a lingering overuse problem. In plain terms, that usually means a sore tendon, meaning the cord that connects muscle to bone, or a muscle injury that has not settled with time and rehab. Around Eaton Street, the question often comes up after a stubborn Achilles, elbow, or shoulder problem rather than a fresh injury.

Researchers are studying whether BPC-157 can support the body's repair processes, especially in tendon and muscle recovery. The problem is that your pain still needs a regular diagnosis first. A strained calf, an irritated tendon, and a partial tear can feel similar, but they are not managed the same way.

What the studies say so far

The federal policy released by the U.S. Department of Health and Human Services in October 2026 outlines conditions for licensed pharmacies to prepare certain peptides for individual patients. The same federal notice says these compounded products are not FDA-approved, and more studies in people are needed to establish their benefits and safety. "I would want you to ask what we actually know, and what still has not been shown in people," Dr. Pirozzolo says.

The early research is mostly in animals and laboratory models. A 2006 study in the Journal of Orthopedic Research found better tendon strength and more organized collagen after Achilles tendon injury in rats, and the researchers also measured how much force the healing tendon could tolerate. A 2011 study in the Journal of Applied Physiology found improved survival and movement of rat tendon cells, and a 2017 study in the Journal of Molecular Medicine found better blood flow and more small blood vessels in muscle with poor circulation. The evidence is mixed only in the sense that these are promising early findings, but human studies still need to show whether they improve daily function and

return to activity.

"A policy change matters less to me than whether it helps the person sitting in front of me," Dr. Pirozzolo says. Bring questions, a current medication list, and information about specific treatments you have already tried. "That is how we keep the discussion useful and tied to your recovery," he says.

If you want help sorting out whether this belongs in a real treatment plan for your injury, contact Key West Concierge Orthopedics.

Questions About BPC 157

Does the new federal policy mean BPC-157 is proven to work?

No. The policy addresses compounding conditions for certain peptides, but it does not prove BPC-157 helps orthopedic recovery in people.

Why would a sports medicine visit matter before deciding about BPC-157?

Your pain still needs a clear diagnosis first. A good exam can show whether you are dealing with tendon irritation, a muscle injury, or a tear that needs a different plan.

What should you bring to the visit?

Bring your questions, a current medication list, and information about treatments you have already tried. That helps make the discussion more specific to your injury and goals.

Sources

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