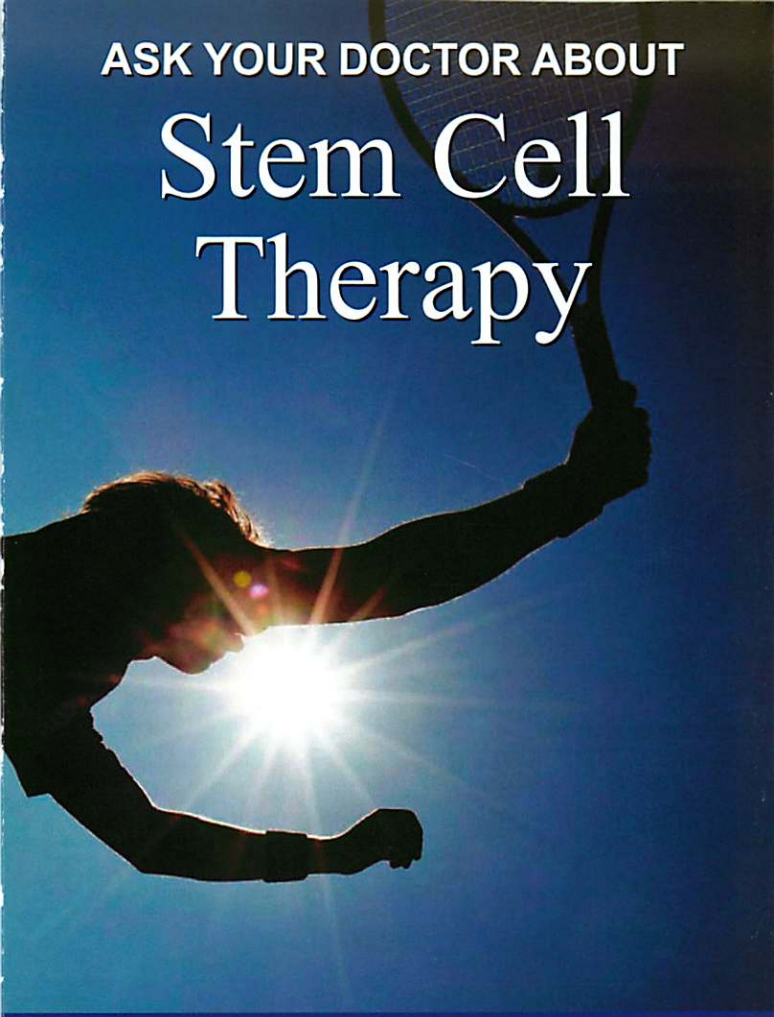
ASK YOUR DOCTOR ABOUT

Stem Cell Therapy



Helping You Heal Yourself

Get back in the game *faster* with adult Stem Cell Therapy that has been shown to accelerate healing, reduce pain and provide quicker restoration of function.[1]

We offer
Stem Cell Therapy
using a fast and safe
minimally invasive
procedure.

You may heal faster, get quicker restoration of function, and get relief from pain with Stem Cell Therapy

WHAT IS STEM CELL THERAPY?

Stem Cell Therapy is a medical breakthrough that utilizes a patient's own regenerative stem cells and growth factors to help renew, repair and restore damaged bodily tissues including muscle, bone, tendon, ligament and cartilage. Stem cells can also help the body regenerate new cartilage and thereby help to relieve arthritis pain.[1,2,3]

Stem Cell Therapy has been shown to enhance the body's ability to heal itself naturally. The treatment may increase mobility, restore function and relieve chronic pain. It can also help prevent further joint damage to delay or prevent the need for surgery.[3] Bone marrow is a natural source for stem cells.

HOW IS THE PROCEDURE DONE?

The entire point-of-care procedure can be done right in this office and normally takes less than 30 minutes to complete. Many patients have described our unique procedure as virtually painless.

1 - Using a minimally invasive technique with a revolutionary new cannula, we draw bone marrow from the hip or lower leg bone (tibia).

2 - The bone marrow is processed in our highly specialized centrifuge to concentrate the desired stem cells into a small, injectable amount.

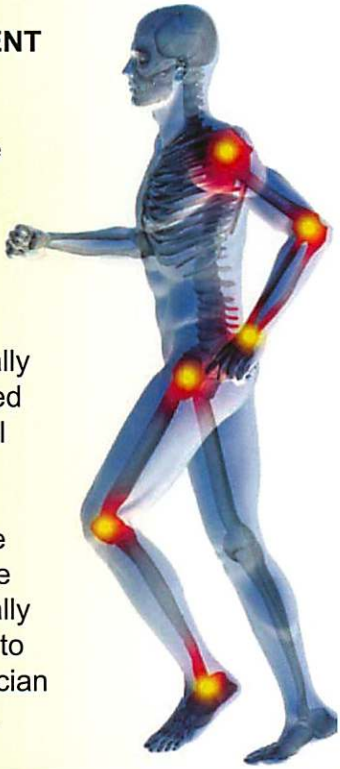
3 - The concentrated stem cells are then given back to the patient at the site of pain or injury.

POTENTIAL BENEFITS OF STEM CELL THERAPY:[1,2,3,4]

- Renew, repair and promote healing
- Promote new tissue regeneration and growth
- Promote quicker restoration of function
- Reduce or eliminate pain
- Antimicrobial secretion prevents infection
- Anti-inflammatory agents reduce swelling

A NATURAL TREATMENT FOR JOINT PAIN

Stem Cell Therapy can be a highly effective treatment for pain from injury or degenerative bone disease. As an alternative to surgery or joint replacement, our procedure is minimally invasive and is performed right here in this medical facility with only a local anesthetic required. Patients experience little to no down time from the procedure, which normally takes about 30 minutes to perform. Ask your physician to tell you more about it.



WHEN DOES THE TREATMENT TAKE EFFECT?

Noticeable results may be seen as soon as 2 weeks after treatment and a period of 3 to 8 months may be required for the treatment effect to be optimized. However, results vary by patient and there are no guarantees as to the level or length of effectiveness.

WHAT CONDITIONS MAY BENEFIT?[1,2,3,4]

- Sports related injuries: Tendon, ligament and muscle rips and tears; tennis and golfer's elbow; hip, knee and ankle sprains and instability
- Osteoarthritis in the knee, hip and other joints
- Rotator cuff injuries, shoulder pain and instability
- Plantar fasciitis
- Patellar and Achilles tendinosis
- Patellofemoral syndrome (Knee)
- Bone fractures and degenerative disease
- Burns, wounds and more - Consult your doctor

NOTE: Stem Cell Therapy is commonly used as an adjunct to surgery to help patients heal faster.

IS TREATMENT COVERED BY INSURANCE?

Check with your individual plan. Most insurance plans, including Medicare, do not cover all costs involved, but may cover some. Please ask your physician for more information on this topic.

DOES THE TREATMENT HURT?

The bone marrow aspiration site and the concentrated stem cells injection site are numbed with a local anesthetic so there is little to no pain from the insertion of a needle. Some patients report a feeling they describe as "pressure" during the bone marrow aspiration process.

ARE THERE ANY RISKS?

Any time a needle is placed in the body there is a risk of infection, bleeding and nerve damage. However, these occurrences are extremely rare.

WHAT IS THE SUCCESS RATE?

This is an evolving field of study and success rates have not been firmly established. One large study on Anterior Cruciate Ligament (ACL) surgery showed healing time decreased from an average of 369 days without cell therapy to only 179 days with it - healing almost twice as fast.[4] Studies on healing of other injuries show 100% healing with increased function and complete relief from pain.[3] Many athletes use Stem Cell Therapy, ask your doctor how it may benefit you.

STEM CELL THERAPY CASE REPORT

PATIENT: 56-year-old female

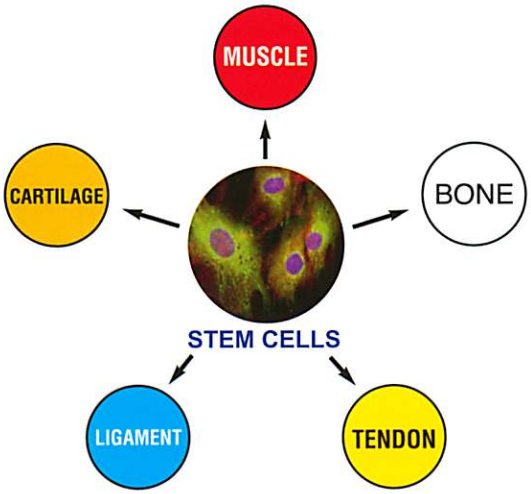
COMPLAINT: Pain in left Achilles tendon -
Patient reported a painful "knot" in her left Achilles tendon. The pain limited her ability to perform daily activities such as shopping or being up on her feet for longer than 30 minutes. She had been an active tennis player and recreational athlete, but had not been able to play tennis or jog for ten years. She reported significant pain when relaxing and great pain when walking. The patient had been to multiple physicians and had followed ten years of standard treatment with stretches and anti-inflammatory drugs. She refused multiple offers of invasive surgery that could not promise a return to tennis.

DIAGNOSIS:
On physical examination, the patient had a large, palpable knot in the Achilles tendon, very noticeable and acutely tender. An MRI scan showed severe hypertrophic changes with marked tendinopathy.

PROCEDURE:
The patient received one stem cell therapy treatment in her physician's office as an outpatient point-of-care procedure. The physician used a minimally invasive cannula to aspirate bone marrow from her tibia (shin) bone, processed the marrow in a centrifuge to concentrate the regenerative stem cells and growth factors within the marrow, then injected the concentrate into and around her Achilles tendon. An injection of local anesthesia was given to prevent pain. The patient reported little to no pain during or after the procedure.

RESULT:
After six weeks the patient reported no pain at rest and minimal pain while walking. After eight weeks, there was even less pain while walking. The knot was less than 50% of the pre-treatment size and was relatively non-tender to touch. She was back to playing tennis without significant pain or difficulty. After ten weeks the patient was doing much better. An MRI scan showed even more reduction in the size of the knot, and pain was reduced even further. After 32 weeks an MRI scan showed near complete healing of the treated tendon. See the entire case report at - **http://www.cellr4.org/article/1100**

Stem Cells and the Science *of* Regenerative Medicine



The science of regenerative medicine focuses on accelerated healing, regeneration of tissue and the restoration of normal function.

Regeneration of damaged tissue can be accomplished by stimulating the body's own repair mechanisms and regenerative cells, such as adult stem cells, which have the ability to differentiate into a variety of cell types including muscle, bone, tendon, ligament and cartilage. Stem cells also secrete growth factors and other bioactive substances that can help prevent infection and speed up the healing and regeneration processes for these various types of tissue, which means patients may resume normal activities in a shorter period of time.[1]

Clinical Study and Case Report References for Stem Cell Therapy

1 Murphy, Moncivais, Caplan; Exp Mol Med. 2013 Nov; 45(11): e54
2 Hernigou, Lachaniette, et al; International Orthopaedics (SICOT) (2014) 38:1811–1818
3 Leal; Adult Stem Cell Treatment, Palisades Medical Center, Case Report (2007)
4 Radice, Yanez, et al; Journal of Arthros and Related Surgery Vol 26, 1, Jan 2010; 50-57