



- All natural, promotes rebuilding your own healthy tissue
- Minimally Invasive
- Significant pain reduction
- Help convert an injured area of "degeneration" to one of "regeneration"
- Minimal to no down time
- Avoid surgery many patients can avoid joint or spine surgery with Stem Cell Therapy
- Very safe less side effects compared to steroid injection or surgery
- No risk of rejection stem cells are harvested from amniotic fluid or umbilical cord blood.



Services that we provide:
Regenerative Medicine
Stem Cell Therapy
Physical Medicine
Functional Medicine
Chiropractic
Acupuncture
Clinical Nutrition Therapy



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# STEM CELL THERAPY

Regenerative Therapy to Naturally Treat Spine, Joint and Soft Tissue Pain



#### State of the Art Treatment for Chronic Injuries Causing You Pain

Stem Cell Therapy is a regenerative treatment for chronic back and neck pain, arthritis of the knee, hip and shoulder and ligament and tendon injuries.

## How Can Stem Cell Therapy Help You?

When treatment with medication, physical therapy, bracing, PRP, etc. does not provide symptomatic relief, Stem Cell Therapy can help your body heal injured tissue causing you pain.

If you are suffering from one of the following conditions, you may be a candidate for Stem Cell Therapy.

**Chronic Spine Pain:** Back or Neck pain from disc degeneration, facet degeneration and Sacroiliac joint pain

Knee Osteoarthritis ("Degenerative Joint Disease")

Hip Osteoarthritis ("Degenerative Joint Disease")

Shoulder Osteoarthritis ("Degenerative Joint Disease")

**Tendon injuries:** Tennis elbow, Golfer's elbow, Rotator Cuff Tendon, Achilles Tendon, Hip Tendons, Hip Bursitis, Patellar Tendon

**Ligament injuries:** Knee (ACL, PCL, MCL, LCL), Plantar Fasciitis

#### What Is Stem Cell Therapy?

Stem Cell Therapy can repair tissues that are too damaged to heal on their own. Through Stem Cell Therapy, a patient can leverage the body's ability to heal itself by injecting regenerative cells into damaged tissue to initiate growth of healthy tissue. These cells have the potential to regenerate injured cartilage tissue, bone, muscle, tendon, ligaments and vertebral disc cartilage.

Stem cells are a special type of cell present in both embryos and adults. Stem Cells are also available from amniotic fluid and umbilical cord and these are currently used in clinical application, as they do not raise any ethical issues. These specialized stem cells can replicate themselves or transform into different types of cells and thus are involved in the body's natural healing process. These cells reduce inflammation and enhance regeneration by signaling local cells to produce cartilage and thus repair painful damaged tissue. Our "Stem Cell Therapy" is not just injection of stem cells. We Integrated other modalities such as Functional Medicine, Chiropractic, Acupuncture and Nutrition Therapy to get the best overall result.

Stem Cell Therapy is FDA approved and is generally very safe. The cells are obtained from amniotic fluid or umbilical cord blood which go through a very vigorous screening process so there is no risk of rejection or disease transmission and very minimal risk of infection.

#### What Are The Expected Results?

This treatment is designed to promote long-term healing rather than being a "quick fix". Initially, there may be some increased pain for about a week, but patients begin to see significant improvement in symptoms over the following weeks. Some patients may benefit from injection of Platelet Rich Plasma (PRP) about 1-4 weeks after the stem cell injection to obtain optimal results. Most patients respond well to just one Stem Cell injection, but at times the procedure is repeated in several months.

### Stem Cell Therapy For Back and Neck Pain

Disc and facet joint degeneration is a common cause of back pain and disability. Until recently, therapies did not exist to slow or reverse the degenerative process, leaving medications or surgery as the only alternatives to treat chronic pain. Regenerative therapies for the spine are a promising state-of-the-art option for treating chronic back and neck pain from disc degeneration.

#### **How Is It Performed?**

Stem Cells are found in high concentration in amniotic fluid and umbilical cord blood. Through a minimally invasive procedure using ultrasound or fluoroscopic (x-ray) guidance (if necessary), stem cells are injected into the site of injured tissue. A local anesthetic is used to minimize discomfort during the procedure and the process takes about 10 to 15 minutes.