



**TEXAS
SPORTS
MEDICINE**

A PATIENT'S GUIDE TO Stem Cell Therapy & Regenerative Treatments

Frequently Asked Questions

Q: What is Regenerative Medicine?

A: One of the principal features of regenerative medicine is using your own tissue ("stem cells") to assist or accentuate the natural healing process of an injured area. Ultimate tissue repair and improved function are the goals of treatment. There are also injection treatments designed to lubricate or recreate shock absorption for joints. Common products include Synvisc, Eujlexxa and Orthovisc.

Q: What are "Stem Cells"?

A: The scientific and more accurate term for "stem cells" is pericytes. Pericytes have the versatile ability to change into numerous other different types of cells (hence the name "stem cells"). Research has determined pericytes play a key role in wound healing. "Stem cells" are biologic products obtained from various sources which include but not limited to adipose (fat) and bone marrow.

Q: What is the Process of "Stem Cell" Injections?

A: Upon obtaining bone marrow or adipose aspiration, these cells are concentrated and redirected with injection or placement into injured area.

Q: What are the Indications for "Stem Cell" Treatments

A: Tendinitis, tendinosis and arthritis are examples of indications for "stem cell" therapy. Neck, mid and low back pain which have failed conservative care including activity modification, oral anti-inflammatory medications and physical therapy are other indications for "stem cell" injection care.

Q: Will "Stem Cells" Help My Surgical Healing?

A: There is evidence supporting the use of "stem cell" therapy during or after surgery in order to accelerate recovery. Ask your surgeon if your surgical procedure could potentially benefit with the addition of "stem cell" therapy (which may be accomplished simultaneously).

Q: What Should I Expect Day of Procedure?

A: Generally "stem cell" injection care is provided as outpatient care meaning no need for overnight stay (unless surgery was also planned). However, your physician may recommend brief conscious sedation for comfort purposes. Soreness or discomfort for a few days after procedure is not unusual. Pain medication is rarely necessary for donor or injection site. Everyone's response to "stem cell" injection care is different and likely depends upon severity of injured tissue being repaired.

Q: What Should I Expect After Procedure?

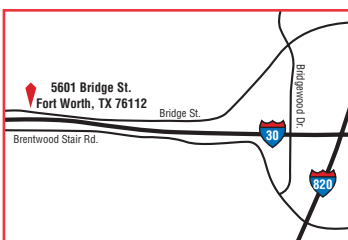
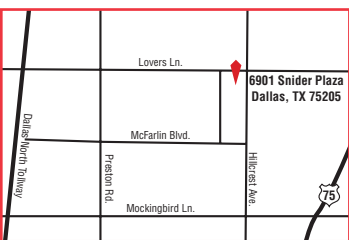
A: There may be some discomfort for 48-72 hours post procedure. Relative rest (no exercise) for 72 hours after injection. Gradual return to regular activities including cardiovascular and weightlifting activities may begin at 3-4 weeks post injection care. Your physician may require physical therapy as a guided assist in an effort toward re-establishing motion/function.

Q: Are "Stem Cells" FDA Approved?

A: Phase III clinical trials with "stem cell" therapy has provided promising improvement of function in major organ systems (eg; Crohns, congestive heart failure, liver failure, leg ulcers etc). Although there are no orthopedic "stem cell" trials approved by the FDA there are promising favorable results with "stem cell" injection care.

Q: Will My Insurance Cover "Stem Cell" Injection Care?

A: "Stem cell" injections are not covered by insurance carriers.



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