



## REGENERATIVE THERAPIES



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### What is Regenerative Therapy?

**Regenerative Therapy** heals injuries by growing new healthy tissue with the potential to fully repair damaged tissues.

Core Orthopedics uses regenerative therapies to treat a variety of orthopedic injuries and conditions, ranging from back pain to heel pain. The conditions we treat include osteoarthritis, partial tendon and ligament tears and muscle tears.



**Neck** – Neck pain, whiplash

**Shoulder** – Partial rotator cuff tears, labral tears, osteoarthritis

**Back/Spine** – Cervical spine and lower back pain, herniated discs, sciatica, lumbar disc disease



**Hip** – Osteoarthritis, tendon injury

**Knee** – ACL injuries, meniscal tears, osteoarthritis, tendon injury

**Achilles Tendon** – Achilles tendonitis/tendonosis

**Ankle** – Ankle pain, osteoarthritis, tendon injury

**Foot** – Plantar fasciitis



**Elbow** – Tennis elbow, golfer's elbow, osteoarthritis

**Wrist/Hand** – Carpal tunnel syndrome, wrist pain, osteoarthritis







## 7 Reasons to Choose Regenerative Therapies

1. The injection is made of **biological material** found in your own blood and tissues.
2. There is **minimal risk** of infection or adverse reaction.
3. The therapy is a **highly effective alternative** to surgery for many common orthopedic conditions.
4. Stem Cell and PRP Therapy **provide pain relief** as well as therapeutic benefit. Unlike steroid injections the process can be repeated if needed.
5. The therapy has minimal pain and is performed under local anesthesia in the office.
6. There is **minimal down time** – most patients can return to sports within several weeks.
7. Stem Cell and PRP Therapy is backed by **mounting research**.

*"Before I had the stem cells, my knees hurt every day. I had crunching, swelling, and limited range of motion. **All of these pains are gone.** Thank you so much for healing my aching knees."*

*- Testimonial on file*



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### Natural Alternatives to Surgery and Traditional Pain Management

Orthopedic surgeons often suggest surgery to repair tissue or replace painful joints. Perhaps at some point you've been referred to pain management clinics or specialists for your chronic pain. Regenerative therapy offers an alternative to surgery and traditional pain management. At Bluetail Medical Group, we harness the power of your body's stem cells and platelets to repair muscles, tendons, ligaments, cartilage, and nerves.

There are a variety of Regenerative Orthopedic options for patients, including Stem Cell Therapy and Platelet-Rich Plasma (PRP) therapy. The technique best for you will be discussed at your office visit. Our goal is to return you to your active lifestyle without surgery or a long period of downtime.

### Is Regenerative Therapy Right for You?

Not everyone is a candidate for Regenerative Therapy. If you have active cancer, an infection, a history of lymphoma or certain therapies, this treatment may not be suitable for you. If you are on certain blood thinning medications, we will need a note from your physician allowing you to stop those medications for three days prior to the procedure.

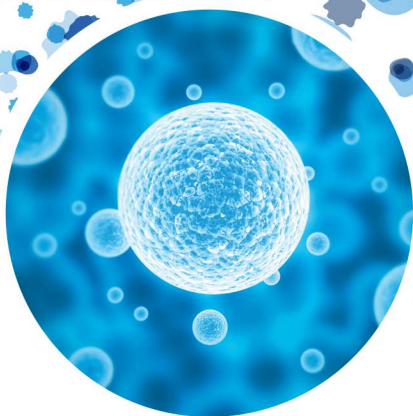
We offer initial consultations, including a discussion of our success rates, to help you determine whether one or more of our regenerative therapies will give you the desired outcome. If pain relief and long-term healing is what you seek, then Bluetail Medical Group is a great place to go.

Make an appointment today to learn about the specific treatment that can deliver the most effective results for you.



*"I'm so glad I received the PRP treatment (for a torn calf muscle). The procedure was a total success and I was back running and cycling within weeks."*

- Testimonial on file



## Stem Cell Therapy

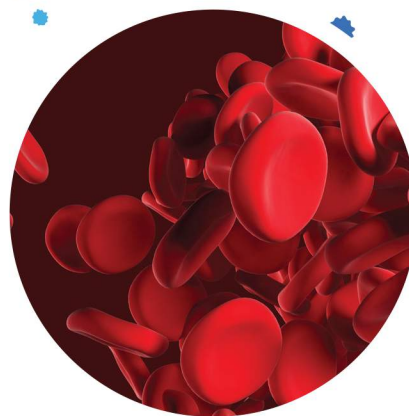
Stem Cell Therapy has been recognized by the medical industry worldwide as the biggest breakthrough in natural healing. Stem cells have regenerative power; when they are injected into an area that needs healing, your body's natural response is to speed the process and repair the damage.

For many patients, Stem Cell Therapy provides pain relief that can last for years and, in some soft tissue injuries, permanently. In addition, Stem Cell Therapy has the potential to reduce the amount of physical therapy and rehabilitation you may need after an injury. Most patients experience minimal discomfort after the procedure and return to normal activities within a few days.

**At Core Orthopedics, we only work with adult stem cells, and more specifically, those taken directly from the patient.**

**Stem Cell Therapy treats a variety of orthopedic conditions, including:**

- Soft Tissue Injuries
- Rotator Cuff Tears
- Knee Arthritis
- Back Pain
- Joint Damage



## PRP Therapy

Platelet-Rich Plasma (PRP) Therapy involves an injection of your own platelet-rich plasma that gives your body a natural boost to accelerate the healing process. PRP therapy is a low-risk, non-invasive treatment.

Platelets play a critical role in healing wounds, soft tissue injuries, and fractures by activating stem cells to regenerate new, healthy tissue.

PRP can help orthopedic conditions like arthritis, tendon injuries, and ligament injuries anywhere in the body. It also benefits people who are not candidates for surgery or want to avoid surgery due to age, health, or other concerns.

Patients report experiencing pain relief, rapid healing, and regeneration of healthy tissues. As with Stem Cell Therapy, there is minimal down time after the procedure.

**Professional athletes who have tried PRP Therapy include:**

- Kobe Bryant
- Alex Rodriguez
- Hines Ward
- Troy Polamalu
- Tiger Woods

**PRP Therapy treats a variety of orthopedic conditions, including:**

- Osteoarthritis
- Tendon Injuries
- Ligament Injuries
- Tendonitis
- Partial Rotator Cuff Tears
- Sprains and Strains
- Muscle Fibrosis
- Joint Capsular Laxity
- Plantar Fasciitis

Find out if you are a candidate for regenerative therapy by contacting us at [coreorthosports.com](http://coreorthosports.com).





## FAQs

### What is Stem Cell Therapy and how does it work?

Stem Cell Therapy has been recognized by the medical industry worldwide as the biggest breakthrough in natural healing. Stem cells have regenerative power; when they are injected into an area that needs healing, your body's natural response is to accelerate the process and repair the damage. It is a non-surgical procedure involving the extraction and injection of your own naturally occurring stem cells. We concentrate stem cells from bone marrow.

### What is PRP and how does it work?

Platelet-rich plasma (PRP) is a concentration of your platelets (a part of your blood) obtained by spinning your whole blood in a special centrifuge. Platelets are what naturally begin the healing process in your body anytime an injury occurs. The platelets release proteins that attract your body's stem cells to the injured area. The concentration of platelets in PRP allows your body to recognize the injury as a priority and heals it more quickly and more thoroughly than your body can by itself.

### How do I know which treatment is right for me?

Choosing the right therapy is a decision made by you and your physician at Bluetail Medical Group based on the severity of the injury and/or disease involved and your medical history. Some diagnoses require PRP alone, some stem cell therapy alone, and others a combination of therapies.

### How long does the procedure take?

Most procedures typically take between one and two hours.

### Will the injections be painful?

There will be a varying degree of discomfort or pain associated with the initial injection of local anesthetic as one would expect. The area injected will likely be very painful for the first 24 to 72 hours, and your physician will prescribe pain medication procedure for comfort. (Plan to have someone drive you home after the procedure.) If you are concerned about discomfort the pain medication can be prescribed before the procedure or we can prescribe an oral medication to decrease anxiety.

### How long is the healing process?

Abnormal or damaged collagen takes 9-12 months to completely heal, but you should experience less pain and increased mobility within 4-6 weeks.

### Can I drive or be active after the treatment?

Pain medication or other medication may inhibit your ability to drive. This will be dependent on your specific treatment. You can be active after these treatments but it is encouraged that frequent breaks be taken when pain becomes problematic. Do not fight through pain to finish an activity.

### When will I start to feel better or see results?

This varies from patient to patient. Generally, patients report feeling less pain or seeing improvements in their symptoms as soon as four weeks post treatment. More concrete improvements can be identified by patients in as soon as 12 weeks post treatment. Visual improvements can be confirmed with MRI, X-ray or ultrasound approximately 12 months after treatment. Back pain can take longer.

### When can I go back to work and start to work out again?

Ask your physician as this will vary, but you will probably be able to return to work a couple days after treatment. We will usually have you rest and only do regular daily activities (e.g. washing, walking, light house hold chores, etc.) for the first two weeks post treatment; you can then start to incorporate regular workout routines or physical therapy after that time.

### Are there any adverse effects?

The main adverse side effect is post treatment discomfort.

Some patients experience a low-grade fever, swelling of the injected area, body aches, and fatigue for the first 72 hours (inflammatory phase). Specific risks and success rates will be discussed with you at the time of your initial appointment and at time of treatment.

### How many treatments will it take to heal my injury and how far apart are the treatments?

The average patient requires one to two treatments. Rarely a patient will require three. Treatments are spaced usually 12-16 weeks apart.

### How will I know if I need more treatments?

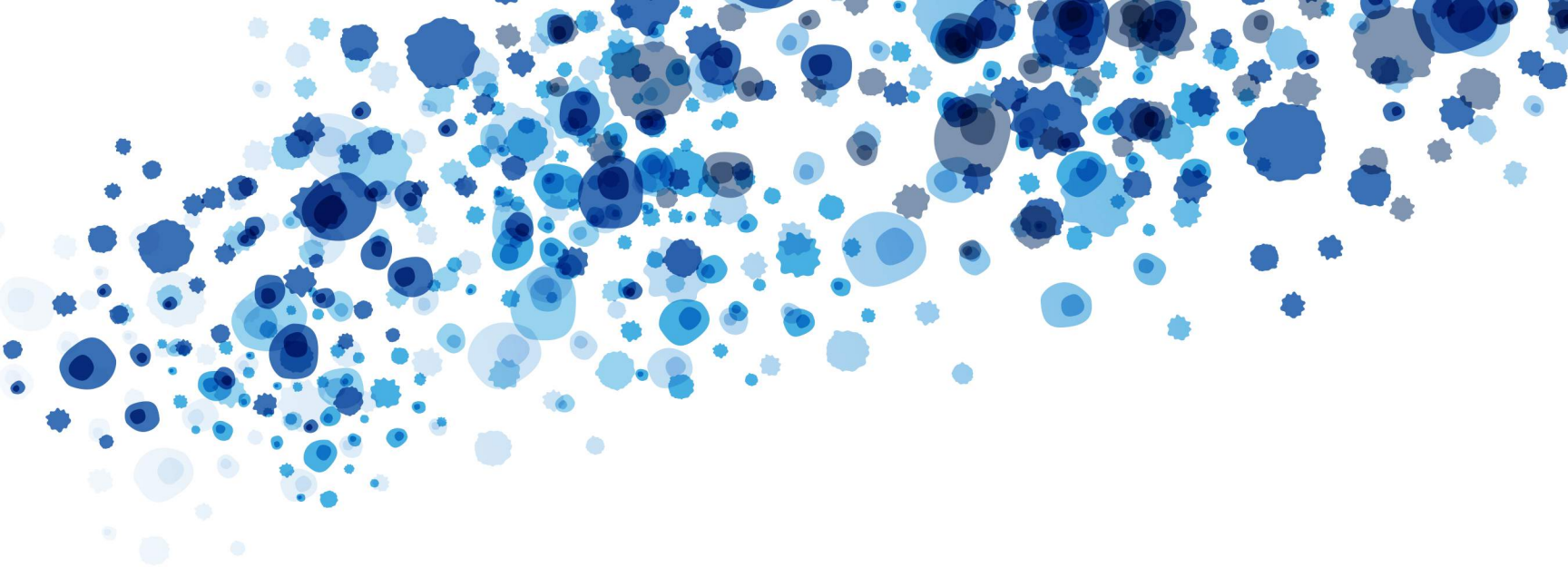
We strive for 80-90% improvement in pain and function, but your exact goal will be discussed at your initial appointment and can vary based on the severity of your disease.

### Is regenerative therapy covered by insurance?

Most insurance companies do not cover these procedures and consider them investigational. We offer multiple payment options through our financial partners.

*"You have improved Jim's quality of life (and mine)  
a great deal and we thank you."*

*- Testimonial on file*



Core Orthopedics is associated with Bluetail Medical Group.

