

Regenexx™

*The Trusted Alternative
to Orthopedic Surgery*



Dear Reader,

Thank you for requesting information about Regenexx nonsurgical procedures for orthopedic pain and injury.

We understand that whether you've been living with chronic orthopedic pain or you've been recently injured, this is a difficult time and you're looking for the best possible solution for your unique situation.

THAT'S WHY WE ARE COMMITTED TO ANSWERING YOUR QUESTIONS.

In this booklet, you will find an overview of what Regenexx procedures are and answers to questions often asked by people considering if Regenexx may be right for them.

You've taken a great first step on your own, now let us walk with you on your journey to better orthopedic health.

We're here to help when you're ready.
Take care,

The Regenexx Education Center Team 



Regenexx will never sell your information and is committed to your privacy. Read about our [Privacy Policy](#), the way we use information, and our commitment to data security.

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WHAT ARE REGENEXX PROCEDURES?

Regenexx[®] procedures provide non-surgical treatment options for those suffering from pain related to orthopedic issues including osteoarthritis, joint injuries, spine pain, overuse conditions, and sports injuries. These medical procedures are only performed by highly skilled physicians trained specifically in Interventional Orthopedics and are used to help reduce pain and improve function.

REGENEXX SD BONE MARROW CONCENTRATE

Regenexx-SD is Bone Marrow Concentrate, which contains stem cells. These repair cells from your own body live inside all of us in various tissues, poised to leap into action to repair damage as it occurs.

As we age or have big injuries, we may not be able to recruit enough of these cells to the site to fully repair the area. The Regenexx-SD Procedure helps overcome this problem by harvesting Bone Marrow from an area of the back of the hip that contains a dense population of these important cells and then concentrating those cells before precisely injecting them into the injured area using advanced imaging guidance.

This Patented Bone Marrow Concentrate Protocol can be used for a wide range of orthopedic conditions. The goal of the procedure is to reduce pain and improve function by promoting the body's own ability to heal naturally.

BONE MARROW CONCENTRATE IS THE RESULT OF CENTRIFUGING BONE MARROW TO OBTAIN A SMALLER VOLUME WHICH IS MORE HIGHLY CONCENTRATED WITH CELLS AND GROWTH FACTORS.

YOU MAY HEAR BONE MARROW CONCENTRATE REFERRED TO AS: CONCENTRATED BONE MARROW, BONE MARROW ASPIRATE CONCENTRATE, BMAC, OR BMC.

WE ROUTINELY ACHIEVE 20X CONCENTRATION OF STEM CELL-CONTAINING BONE MARROW — FAR ABOVE WHAT NON-REGENEXX PROVIDERS CAN ACHIEVE.

LEARN MORE ABOUT
OUR APPROACH
[CLICK HERE](#)



COMMON CONDITIONS TREATED WITHOUT SURGERY

What happens if you leave an orthopedic condition untreated? It depends. In some cases, an injury may heal or improve on its own over time but lead to new issues down the road. For others, conservative care may help. Those with a more advanced injury may face surgery.

With most orthopedic conditions, if your injury is not healing or your pain is getting worse, your body may need a little help to do what it normally does on its own. Regenexx procedures concentrate the body's own healing power on the area in need of repair.

REGENEXX PATIENT DATA SHOWS AS MANY AS **7 OUT OF 10** ORTHOPEDIC SURGERIES WITHOUT FRACTURE-RELATED CARE COULD HAVE BEEN AVOIDED WITH A REGENEXX PROCEDURE.*

*EXPLORE
PATIENT
RESULTS



[CLICK HERE](#)

A Regenexx network physician will help you know the details of your condition so you can understand how your pain or injury may change over time and what your options are for treatment.

Regenexx physicians take time to examine your body's biomechanics, looking at joints as they function and move and at how the structures relate to one another. This hands-on evaluation is performed in addition to looking at imaging or using ultrasound and helps identify any underlying issues or injuries that may be contributing to a problem.

In this booklet, you will find the most common injuries and conditions treated listed by body area. However, this list does not include every orthopedic or musculoskeletal condition our network of physicians treats. Please don't be discouraged if you do not see a specific listing for what you're experiencing or if you aren't sure of the exact cause of your pain!

The best way to know if your condition or injury may be treated with a Regenexx procedure is to complete an evaluation appointment and learn your candidacy for a nonsurgical procedure.

COMMON CONDITIONS TREATED WITHOUT SURGERY

Hip

- Mild to Moderate Osteoarthritis
- Bursitis
- Tendinopathy
- Tendon Tears
- Labral / Labrum Tears
- Avascular Necrosis
- Osteonecrosis

Foot and Ankle

- Ankle Osteoarthritis
- Ankle Instability
- Tendon Tears
- Peroneal Tendon Tear or Split
- Ankle Ligament Sprain or Tear
- Subtalar Osteoarthritis or Instability
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Bunions

Knee

- Osteoarthritis
- Meniscus Tears
- ACL, MCL, PCL, or LCL Sprain or Tear
- Knee Instability
- Patellofemoral Syndrome/Chondromalacia
- Pes Anserine Bursitis
- Baker's Cyst
- Patellar Tendonitis
- Biceps Femoris Insertional Tendinopathy
- Hamstrings Tendinopathy



This list of commonly treated joints, conditions, and injuries is provided as a general reference. The only way to know if your issue may be treated with a Regenexx procedure is to be evaluated by a Regenexx physician and learn your candidacy.

COMMON CONDITIONS TREATED WITHOUT SURGERY

Hand and Wrist

- Hand and Finger Osteoarthritis
- Basal Joint Arthritis
- CMC / Carpometacarpal Osteoarthritis
- Instability
- TFCC tear
- Carpal Tunnel Syndrome
- Trigger Finger

Elbow

- Elbow Osteoarthritis
- Instability
- Lateral Epicondylitis – Also known as Tennis Elbow
- Medial Epicondylitis – Also known as Golfer’s Elbow
- Nerve Entrapment (ulnar nerve)

Shoulder

- Osteoarthritis of the Shoulder Joint
- Thoracic Outlet Syndrome
- Labral Tears or Degeneration
- Rotator Cuff Tears
- Rotator Cuff Tendinitis
- Rotator Cuff Tendinosis
- AC Joint Separation
- Recurrent Shoulder Dislocations



This list of commonly treated joints, conditions, and injuries is provided as a general reference. The only way to know if your issue may be treated with a Regenexx procedure is to be evaluated by a Regenexx physician and learn your candidacy.

COMMON CONDITIONS TREATED WITHOUT SURGERY

Spine - Cervical, Thoracic, Lumbar

- Annular Tear
- Osteoarthritis of the Spine
- Back Pain
- Bone Spurs
- Bulging Disc
- Canal Stenosis
- Collapsed Disc
- Degenerative Disc Disease
- Degenerative Spine Conditions
- Disc Extrusion / Protrusion
- Facet Joint Syndrome
- Failed Back Surgery Syndrome
- Adjacent Segment Disease (ASD)
- Foraminal Stenosis
- Herniated Disc
- Herniated Nucleus Pulposus (HNP)
- Neck Pain
- Nerve Pain / Pinched Nerves

- Radiculitis
- Radiating Nerve Pain
- Ruptured Disc
- Sciatica
- SI Joint Syndrome
- Slipped Disc
- Spinal Stenosis
- Spondylosis
- Torn Disc
- Radiculopathy

Other Conditions

- TMJ Syndrome
- Non-Union Fractures
- Osteonecrosis
- Avascular Necrosis



This list of commonly treated joints, conditions, and injuries is provided as a general reference. The only way to know if your issue may be treated with a Regenexx procedure is to be evaluated by a Regenexx physician and learn your candidacy.

THE REGENEXX NETWORK OF PHYSICIANS

Physicians in the Regenexx network are highly skilled musculoskeletal experts. Our providers specialize in orthopedic pain management and sports medicine and are trained in the leading interventional orthopedics techniques. They are the only medical professionals who can perform Regenexx procedures.

Our physicians are:

- Board-certified orthopedic specialists
- Skilled in comprehensive evaluation of musculoskeletal injuries and conditions
- Experienced with precise image-guided injections (ultrasound and fluoroscopy)



REGENEXX LOCATIONS: FIND A REGENEXX PHYSICIAN NEAR YOU

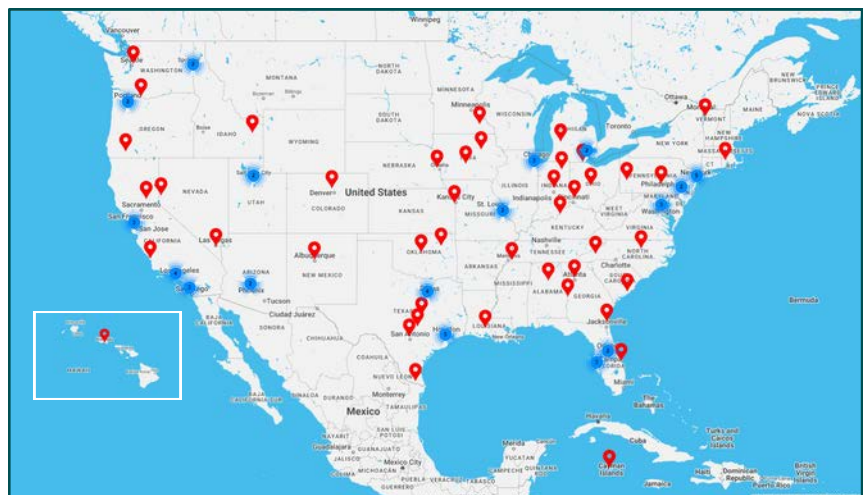
The Regenexx network of physicians continues to grow across the United States and abroad. You can search by zip code, city, or state to find the location(s) near you.

If the location you find is still a bit farther than you'd like to travel, you can inquire about a telemedicine evaluation appointment to meet with a physician and learn more about your candidacy for a nonsurgical procedure.

Find a Regenexx physician near:



[Use my current location](#)



WHO IS A REGENEXX PATIENT?

We understand that whether you've been living with chronic orthopedic pain or you've been recently injured, this is a difficult time and you're looking for the best possible solution for your unique situation.

Regenexx patients all have their own reasons for deciding to learn their candidacy for a nonsurgical procedure. Do any of these reasons or situations sound familiar to you?

- Have you been told your treatment options are invasive, high-risk, or irreversible like orthopedic surgery, including joint replacement or fusion procedures?
- Are you unsure about a diagnosis or treatment plan from another doctor? Did you feel rushed through an appointment or not listened to?
- Have you been struggling with a condition that's not improving or are you unsatisfied with a current treatment plan?
- Are trying to make an informed decision about your care and seeking an evaluation or a second opinion to better understand your orthopedic pain or injury?

Care for our joints and body's structures has come a long way and treatment can now be as unique as the person seeking relief.

That's why it is so important to take the time to learn about treatment approaches based on your pain and injury and which nonsurgical options you are a good candidate for.

WHEN NAVIGATING A NEW DIAGNOSIS OR ADDRESSING A CHRONIC CONDITION, GETTING A SECOND OPINION CAN GIVE YOU OPTIONS YOU DIDN'T REALIZE YOU HAD.

88% OF PEOPLE WHO SOUGHT A SECOND OPINION WENT HOME WITH A NEW OR REFINED DIAGNOSIS.*

*Van Such M, Lohr R, Beckman T, Naessens JM. Extent of diagnostic agreement among medical referrals. J Eval Clin Pract. 2017; 23: 870-874. doi:10.1111/jep.12747

ARE YOU A CANDIDATE?

When you meet with a Regenexx network physician, your body will be evaluated as it moves in addition to looking at imaging or using ultrasound. A thorough evaluation helps you know all the underlying causes of pain and your candidacy for a nonsurgical procedure.

Part of what makes our physicians very different is that they will explain if you are, or are not, a Candidate for these procedures and recommend surgery if that's what's needed... but the good news is that our patient data shows as many as 7 out of 10 orthopedic surgeries without fracture-related care could have been avoided with a Regenexx procedure.*

Once you know what your options are, you can then discuss your custom care plan with your physician. If you are a candidate for a Regenexx nonsurgical procedure, you'll learn more about the Regenexx procedure experience and what to expect in a few weeks, a few months, and further post-procedure.

YOU CAN'T GO BACK AND CHANGE A PAST ORTHOPEDIC INJURY OR HOW DAILY WEAR AND TEAR HAS AFFECTED YOUR JOINTS OVER TIME. BUT YOU CAN DECIDE HOW YOU WILL MOVE FORWARD...

NEXT STEPS...

It is important to take the time you need to consider your next steps, but please remember that you may be a candidate for a nonsurgical procedure now and in the near future, but if your injury or chronic condition gets worse, your treatment options may become more limited.

*Regenexx Patient Outcome Data. Regenexx.com

THE REGENEXX EDUCATION CENTER TEAM

Our experience speaking with new patients has shown us that the amount of information out there about nonsurgical treatments and regenerative orthopedic procedures can be overwhelming. It can also be difficult to know what information might apply to your specific condition or injury needs.

One of the advantages of choosing to know more about Regenexx is that you have the Regenexx Education Center team on your side and the ability to connect one-on-one with a Regenexx Patient Liaison. Our team is based in the United States and is available Monday through Friday during daily office hours.

What does a Regenexx Patient Liaison do?

- Answers questions about the Regenexx patient experience and procedures in general
- Provides more in-depth information by sharing articles, website links, and publications
- Reviews a possible cost range for treatment and discusses any insurance or employer-based Regenexx benefits you may have
- Connects you with the Regenexx network physician near you, sharing details about their location and scheduling your evaluation appointment when you're ready

HOW TO CONNECT WITH OUR TEAM

APPOINTMENT REQUEST **click here** if you're ready to schedule an evaluation appointment with the Regenexx physician near you.

CANDIDATE FORM **click here** if you would like to talk more one-on-one with a Regenexx Patient Liaison.

REGENEXX WEBSITE **click here** if you would like to explore more about Regenexx on your own. You can also reach our Education Center Team from our website through live chat or by calling our phone number during daily office hours.

REGENEXX PATIENT UPDATES AND STORIES

Across our website, through an online search, and on social media you will find numerous testimonials and stories from patients who have had Regenexx procedures. To read more in-depth patient updates and review before and after MRI imaging, visit regenexx.com and search for patient updates.

"Without having Regenexx as an option I would have had to look at surgical options, which have longer healing time. With back issues the chances of surgery helping are marginal. I now wake up with less pain and no longer experience the numbness and tingling down my legs like I did before the procedure. I returned to work in only three days after the procedure." Austin S., Manufacturing

"I was back at work within days. My recovery was better than expected and I was able to return to full activity within two weeks and all modifications removed within six weeks – only one physical therapy visit with homework." Cary D., Executive Assistant



"I can do the things I couldn't do before the procedure. I can put weight on the bad knee, I can push back, I can move forward. It has very good functionality." Marie, Statistics Professor and Dance Enthusiast

"I can climb on machines, I can look in the trucks, I can get on my hands and knees. I never thought, based on the advice I'd originally gotten, that I would ever be doing that again. My daily routine is... restored..."
Jim Joshowitz, Heavy Equipment Operator and Laborer



"We decided to do the PRP... Within two or three weeks I had no pain at all. I can pick up my grandson, I can do the things I need to around the house, in the garage, in the yard." Debbie, Retired Nurse

REGENEXX PATIENT UPDATES AND STORIES

"My procedure had a great impact on my productivity. I can now sleep without pain. Everyday chores are easier to perform. I can now walk without limping. I have even run a couple of times a week!" Kimberly T., Food Prep Specialist and Cafe Chef

"I have not pursued surgery or a Regenexx procedure. After discussion with the Regenexx physician, it was determined that PT would be the best route to go. The pain I was experiencing was not in the area where the MRI showed I have issues." Berry B., Purchasing Specialist

"It's important for me to keep all of my body's materials, I don't want to cut things. I don't want to clip things...clipping my meniscus was a bad option for me because it was always going to limit my performance in the long run." Matt Chan, CrossFit Athlete, Competitor, and Professional Trainer



"I came home from class... and my son came home from school and said, 'Mom, it's so nice to have you back.' And it made me realize how much my knee problems had changed my entire life. Being able to have this procedure and getting to move again and getting on the floor and playing with my daughter - I had taken so many of those things for granted before. And when they were removed from me, I feel like Regenexx gave me my life back." Stephanie, Jazzercise Fitness Instructor



"Six to eight weeks and I was back to normal, playing with my kids, enjoying my everyday life, just as I was. No discomfort, all my strength was back. I went back to a normal life without any screws... It gave me my life back." Herbert Staley, Heavy Equipment Operator



These testimonials reflect the real-life experiences of Regenexx patients but are not necessarily typical of what you or any other patient might experience. Individual results of the Regenexx procedures will vary depending on a number of factors, including your diagnosis, the severity of your condition, your overall health, and others. To better understand what large numbers of patients experience on average, please visit our Patient Results page, and inquire with your Regenexx physician. Regenexx Procedures have a success and failure rate. Patient reviews and testimonials should not be interpreted as a statement on the effectiveness of our treatments for anyone else.

FREQUENTLY ASKED QUESTIONS

What does a Regenexx Procedure Cost?

Regenexx procedures are customized for each patient and their specific injury needs. To know the exact cost of a procedure you would need to schedule an evaluation appointment. To discuss a possible range for treatment based on the details of what you've been experiencing, please get in touch with a Regenexx Patient Liaison.

What about insurance or Employer Benefits?

What may be covered or reimbursed depends on the details of your plan. Insurance typically covers evaluations and diagnostic testing (if recommended) but most do not cover Regenexx Procedures. Some Employer specific Regenexx Benefits plans do also cover Regenexx Procedures. Medicare and Medicaid choose not to cover regenerative procedures at this time. Your plan's representative can help verify your benefits, out-of-pocket costs, and coverage. Your exact member responsibility and the amount you owe for services will depend on your specific plan and what you have met toward your deductible and out-of-pocket maximum.

How long do Regenexx procedures take?

The entire process takes anywhere from 2-8 days, depending on the physician's recommendation. The procedure itself is a same-day procedure.

Do I need to have someone drive me?

Consult with your physician or clinic about your specific treatment and protocol to ensure that it will be safe for you to drive if you wish to do so.

When can I return to normal activity?

This depends on the specific injury and type of procedure. Generally, patients return to normal daily activities as tolerated, are able to resume light activities after 5 to 7 days, and return to sports at 6 to 8 weeks.

Are Regenexx procedures the same as "stem cell therapy" or "stem cell procedures"?

Regenexx does not call its procedures "stem cell procedures." Unfortunately, that term has been co-opted by sellers of products which are manufactured from birth tissue (typically amniotic fluid or membrane), and then bottled, labeled as "stem cells", and then shipped nationwide to be blindly injected by providers with little or no qualifications. In an effort to distance ourselves from those products and reduce confusion for our patients, we avoid using "stem cell" on our website, although it may come up from time to time. Learn more about our approach at regenexx.com/our-approach/

Are Regenexx procedures performed in the US FDA approved?

Regenexx procedures are FDA compliant. Procedures use only the patient's own bone marrow concentrate, which contains their own stem cells, on the same day harvested. This is the only type of stem cell procedure which is FDA compliant in the US. For more information on how FDA's regulations apply to Regenexx's suite of orthobiologics procedures, please reach out.

HELPFUL LINKS AND REFERENCES

The links below have been reference in this booklet and are provided here for your browsing convenience.

Regenexx Locations: Find a Regenexx Physician Near You

<https://regenexx.com/locations/>

Regenexx Procedures: What to Expect

<https://regenexx.com/our-approach/procedure-experience/>

Our Approach: Physician Training

<https://regenexx.com/our-approach/physician-expertise-and-training/>

Regenexx Patient Results Data

<https://regenexx.com/results/>

Regenexx Patient Testimonials

<https://regenexx.com/patient-testimonials/>

Regenexx Peer-Reviewed Research

<https://regenexx.com/resources/research/>

Regenerative Orthopedic Medicine Glossary

<https://regenexx.com/regenexx-glossary/>

Privacy Policy

<https://regenexx.com/about-us/privacy-policy/>

IF SOCIAL MEDIA IS PART OF YOUR DAILY ROUTINE, LIKE AND FOLLOW OUR PAGES.

Join a great community of life-long learners who are interested in understanding their bodies better and keeping up with the latest news and information in the world of interventional orthopedics and regenerative medicine. We make it easy for you to engage with us wherever you are.

Regenexx Facebook live streams are one of the best ways to dive into some very complex topics with expert guidance from our Chief Medical Officer and founder Dr. Chris Centeno. These live events give you the opportunity to ask your questions in real time.

Explore. Read. Learn.
Regenexx.com



Regenexx™

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