

# Stem Cell Therapy

## What are Stem Cells?

Stem Cells are the basic cells throughout the body that become "replacement cells" as needed. The cells that make up the structure of our tissues and organs only have a limited lifespan, and therefore a system of replacement, repair, and regeneration takes place for the tissues and organs to survive and function. Stem cells are capable of self-replicating, and can evolve into more cells with specialized function. They are highly active in some parts of the body that naturally need ongoing replacements on a regular basis, like the GI tract and skin.

Other parts of the body, however, do not naturally have the ability to regenerate as readily. Some tissues in the body have no ability to repair and regenerate if injured. Stem Cells can be found in high concentrations in fat tissue and bone marrow, and then mobilized to areas in which they are needed. Today, regenerative medicine physicians are trying to utilize these remarkable cells that are able to rejuvenate tissues to help heal injuries.

They can be used in addition to other regenerative treatments, such as Platelet Rich Plasma (PRP), to help promote healing.



## What Does Stem Cell Therapy Treat?

- Disc pain
- Joint pain
- Tendon pain

## How Does Stem Cell Therapy Work?

Stem Cells are currently under intense medical investigation to treat various painful conditions, including discogenic back pain and several different Orthopedic conditions, such as hip and knee pain. Stem cells are aspirated using a minor surgical technique, concentrated much the same

way PRP is obtained, and then injected along with PRP into the targeted area. Once in that environment, the cells are able to stimulate growth and regeneration, but at this time the exact mechanism of how this happens remains to be illuminated.



## What Can I Expect from Stem Cell Therapy?

The Stem Cells are obtained from an appropriate tissue such as bone marrow, fat, or a commercial source. They are then injected into the injured area. It is best to restrict activity of the area for several weeks. During this time the injury is healing, and your pain will be reassessed and evaluated to determine if further treatments of any kind are needed to obtain the best possible result.



### OUR LOCATION

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### Call for appointment or referral:

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