When your knee joint is hurting you, and your mobility is limited, and can’t enjoy your daily activities, it’s time to do something about it. Up until recently, the only treatment was invasive knee surgery that takes months of recovery time.

However, knee replacement should be considered only after non-surgical treatments have been studied because of the numerous risks and significant recovery period involved. Before deciding on knee surgery, you should consider the benefits of stem cell therapy. It can fix your knee, is cheaper, easier, and much less painful. With the recent advances in stem cell therapy, and its growing use to treat joint pain, this is becoming one of the most popular knee replacement alternatives to surgery.

Stem cells are the foundation cells for every organ and tissue in our bodies. It is the name given to a category of cells which can divide indefinitely without losing their properties and can produce specialized cells. Stem cell therapy uses stem cells that are derived from the patient’s fat cells and bone marrow, or from the placenta of a donor, and injected into the damaged area. These cells naturally supplement the body’s stem cells and help the injury heal. Stem cell therapy is a non-invasive procedure with none of the risks and complications encountered with knee surgery, and eliminate months of recovery time of knee surgery. Adult stem cells are found throughout the body, inside different types of tissue such as the bone marrow, brain, blood vessels, skeletal muscles, skin, and the liver. They remain in a dormant or non-dividing state for years until activated by disease or tissue injury.

These soldier stem cells can be guided into becoming specific cells used to repair diseased or damaged tissues. Stem cell therapy can be of particular benefit for people who suffer from degenerative joint disease such as osteoarthritis.

The stem cell procedure for knee treatment is a simple non-surgical outpatient procedure and takes about 50 minutes from start to finish. The doctor injects the stem cells into the knee joint under ultrasound guidance which allows the doctor to pinpoint with absolute precision the exact location of the injection, as well as the dispersion of the cells into the tissues. Up 50 million stem cells are injected into the knee joint, depending on the severity of the patient’s condition. Platelet-rich plasma (PRP), which is produced from the patient’s blood is mixed with the stem cells and injected into the affected area to keep the stem cells activated and promote additional healing. Combining PRP with stem cells will stimulate the movement of cells towards the knee joint and make those stem cells work harder to heal damaged tissues.

Immediately after the procedure, you can use the joint normally, and the rate of improvement depends on the patient’s previous condition, in general improvement is documented between 30 to 90%. You may be a suitable candidate for stem cell therapy and owe it to yourself to find out about stem cell treatment for your knee, shoulder, back and other painful joint conditions. Why not schedule a free doctor consultation at PRMedica to review your condition to see if you’re suitable for stem cell therapy. The doctors are English speaking and specialize in stem cell therapy and medical tourism.

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