

I think we're at the cutting edge of literally a paradigm shift in medicine with stem cells. We use stem cells to help the body's natural healing ability to actually heal and repair and regenerate. We use it for conditions like worn out and arthritic knees, even people that have meniscal tears. We use it for shoulders, rotator cuff tears, depending on the severity of the tear. We can use it for degenerated hips, low backs, necks, ankles, elbows, and even thumbs, like if people have trouble gripping, we use it for that, as well. If you look at the research that's coming down, stem cells are going to impact so many different aspects of medicine and I think it's going to absolutely change medicine and it's going to change people's lives.

My name is Dr. Brandon Pettke. I'm the clinic director at Lone Star Progressive Medicine. I was actually on the road to become a sports medicine doc and my parents had both been helped by chiropractors and they said, "We really think you should check this chiropractic thing out," and I saw how thankful patients were for the care that they were receiving.

I had a clinic that was chiropractic and physical therapy and we made a lot of changes in a lot of people's lives and helped them. But there was just that element in some of those cases that I couldn't help, so I really wanted to take that next step and integrate the clinic. So we've included medical into the clinic and we've just been seeing some absolutely fantastic results with that integration.

When I first learned about stem cells, I was kind of like, "Eh, this seems a little too almost sci-fi unrealistic," and then I started looking at the science behind it more and more and more, and some other friends of mine in their clinic, the patients, the results that they were getting, and I was like, "This is something we definitely need to bring into our community," and so we have, and it's been pretty incredible, some of the results we've seen.

One particular patient, I treated her for 15-plus years, I mean early when I started the practice. She tore a rotator cuff and she was literally set for surgery and we were bringing on stem cells into the clinic and I said, "If you can just hold off just a little bit longer, I think we have something that could really help you and be able to avoid surgery." She ended up doing stem cells. She did her injections on a Wednesday and Monday she had called our office asking what activities she could do because she was feeling so much better.

I originally set my practice up in Crowley, which is a couple minutes down the road, but eventually, when I built my clinic, I moved it to Burleson. It's just a wonderful community. It's kind of a small town feel, but it's right close to the city. It's just a very good family environment, a good place to raise a family. School districts are good. I mean, just have good, genuine, nice people.

I'm married to my wife, Michelle. We're high school sweethearts. We have five kids: Luke, Leah, Grant, Rebecca and Annabelle, and yes, people always ask, "You've got five kids?" And yes, we're the crazy ones, we have five kids and we're very involved with the kids and their activities, whether it be sports, soccer, baseball. My daughter does jazz and ballet, my oldest daughter, and then even Cub Scouts, as well.

I can definitely relate to patients as it relates to my family. Being a parent, of course, if I can't play and interact with my kids because of pain, that's devastating. I've had injuries at times where it's limited on that, so I can feel firsthand. Then even seeing my parents occasionally have some pain and not being able to play with their grandkids, so I can relate to that firsthand with patients, as well.