

If somebody is interested in getting STEM cells, we initially sit down with them and do an initial consult. We talk about their case, what's going on with them, what have they tried, what have they not tried. From there we move to an exam, we do a full medical exam, full history, get their medications, and look at any diagnostic imaging that they have. If they haven't had any recent diagnostic imaging, we go ahead and do those here in the clinic, and we look at the joint space. Then, from there, if everything checks out and they are a good candidate. Then we set up the time for them to actually have their procedure done, which is in-office.

The procedure is really simple. If you've ever had a steroid injection, it's the exact same thing. Takes five minutes, 10 minutes max, to do the actual injection and then it's done. We freeze the area ahead of time of where we're injecting to numb it, which cuts down even more so on the pain of the injection.

After the STEM cell injection is done, you're free to go. You don't need anybody to drive you home. You don't need to wait around at the clinic. You're free to just go and resume your normal activities for the day. Most of our patients are going to notice results within about four to six weeks. Where you actually get your maximum regenerative and repair is in that three to six month range if we look at the research. The reason why that takes the three to six months is the STEM cells go through about 65 cycles of replication. They do that once every 24 to 28 hours depending on which research you look at. And so it takes about three months for them to go through all those cycles and regenerate. Then, what they do from there, is they recruit other STEM cells that your body naturally has in it, and that continues on with the process. You'll see maximum benefit in about three to six months.