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# Stem Cell Therapy



*Specializing in minimally invasive  
same-day procedures.*

## Stem Cell Therapy

This regenerative procedure is an all-natural alternative to surgical intervention and is considered the biggest breakthrough in natural healing.

Stem Cell Therapy provides an opportunity for patients to avoid surgery, and can effectively help those in pain due to orthopedic injuries, degenerative disc disease and shoulder, knee, hip, elbow, wrist, ankle or any type of joint pain.

*Contact us today to schedule  
your first appointment.*



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**Dr. Arun Kandra, MD**

Board Certified in  
Anesthesiology and Pain Management



**Vivek Das, M.D.**

Board Certified in Anesthesiology,  
Pain Management and Palliative Care

*Stem Cell Therapy is considered  
the biggest medical breakthrough  
in natural healing.*

Stem Cell Therapy is a regenerative procedure that is an all-natural alternative to surgical intervention for those in pain due to orthopedic injuries, degenerative disc disease and shoulder, knee, hip, elbow, wrist, ankle or any type of joint pain. By using stem cells obtained from your own body, we are able to mimic your body's natural ability to heal.

Adult stem cells exist in large quantities in one's bone marrow and have the unique ability to form new cells. These adult stem cells reproduce quickly, and stimulate your body's natural healing process to repair injured tissue and joints. When injected into an injured body part the cells begin to regenerate new tissues such as cartilage, muscle, tendons and bone. During a safe and painless same-day procedure performed under local anesthesia or sedation, we are able to collect the patient's own adult stem cells. Since the stem cells are harvested from the patient's own body there is no risk of rejection or adverse reactions.

*Stem cell therapy provides an  
opportunity for patients to avoid surgery  
and the risks involved with surgery  
and being under general anesthesia.*

While the patient is made comfortable with local anesthesia, bone marrow is harvested from the patient using a special needle. The harvested bone marrow is then processed to isolate the stem cells. The concentrated stem cells are then injected back into the patient's area of pain or place of injury. Stem Cell Therapy increases the body's natural ability to heal and repair itself. It also helps reduce inflammation and decreases pain without the dependence of medication. Instead of masking your pain with medications and the risk of addiction, we are able to correct the cause of your pain and enable your body to repair itself naturally. Not only can patients avoid



**Start heading down the road to pain-free living.**

surgery, Stem Cell Therapy can also help reduce recovery time from an injury. Once the pain is managed the patient can be more progressive with their rehabilitation program.

Stem cell therapy can help many people, from athletes with sport injuries to those suffering from chronic conditions such as arthritis due to aging. It is a minimally invasive, safer and less costly option for hip and knee replacement surgeries. Stem Cell therapy can effectively help those suffering from back pain due to herniated discs, bulging discs, disc degeneration and spinal stenosis.

Once we have repaired the cause of pain with stem cell therapy, we need to ensure the pain does not return in the future. Many times the weakness or processes that created the problem are still there, putting patients in jeopardy. Although the body has a resilient and magnificent ability to heal and repair, our treatment plans are designed to decrease pain, accelerate healing, improve mobility, strength and function, and teach skills needed to prevent the problem (along with the pain) from returning in the future, enabling you to enjoy a longer pain-free life span.

*Contact us to learn how we can help you!*

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