

Stem cell therapy treatment is a noninvasive way of healing orthopedic injuries and ailments. As an alternative to surgical procedures, stem cell therapy uses the body's own stem cells to treat problems with the shoulders, hips, and knees. This natural remedy has shown impressive results. According to the American Academy of Orthopaedic Surgeons, stem cell therapy has a much faster healing time\* and poses very little risk of infection or complication. Look for more details about this procedure at our website [www.DrSamuelMoore.com](http://www.DrSamuelMoore.com). Here's what to expect before, during and after your stem cell therapy procedure:

### **Consultation**

Stem cell therapy candidates have typically tried all other medical options for treating chronic pain with no results. Popular among athletes, stem cell therapies are for people looking for a noninvasive fix for their ailments. Those who are interested will first need to schedule a consultation with their physician. One determining factor will be the severity of your condition. In order to confirm your diagnosis, your doctor may order an MRI. This will also help rule out any other conditions that would potentially inhibit the procedure.

### **Preparation**

Once it has been determined that you are a strong candidate, the therapy will be explained in depth and a date will be set. Preparing for any type of medical treatment can be both daunting and nerve-racking, but the good news is that not much preparation is needed for stem cell therapy. According to the San Antonio Orthopedic Group, it is recommended to avoid any kind of aspirin or other anti-inflammatory medications two weeks prior to the procedure.

### **Procedure**

The actual procedure is quite fast and is usually complete in under 2 hours. The procedure begins with a dose of oral pain medication and an IV being placed. Your surgeon will use local anesthetic and remove some of your fat cells or bone marrow cells. The cells are then placed into a device that separates the stem cells from the fat or bone marrow. These cells are then injected back into your body at the site of pain or injury and the natural healing process begins. Any remaining cells are then infused via IV into your circulation for systemic health benefit.

### **Post-procedure**

The procedure is done as an outpatient, and once the injection is complete you will be free to go home. It is recommended that you rest for the first 24 to 48 hours after your procedure, however, some people feel well enough to resume low-impact activities the same day. For the next two weeks, do not put any unnecessary strain on the treated area. After four weeks, both running and weight lifting are allowed. It is advised to refrain from taking any anti-

inflammatory medications for at least 2 weeks following your procedure and if possible for 3 months.

\*<http://orthoinfo.aaos.org/topic.cfm?topic=A00525>