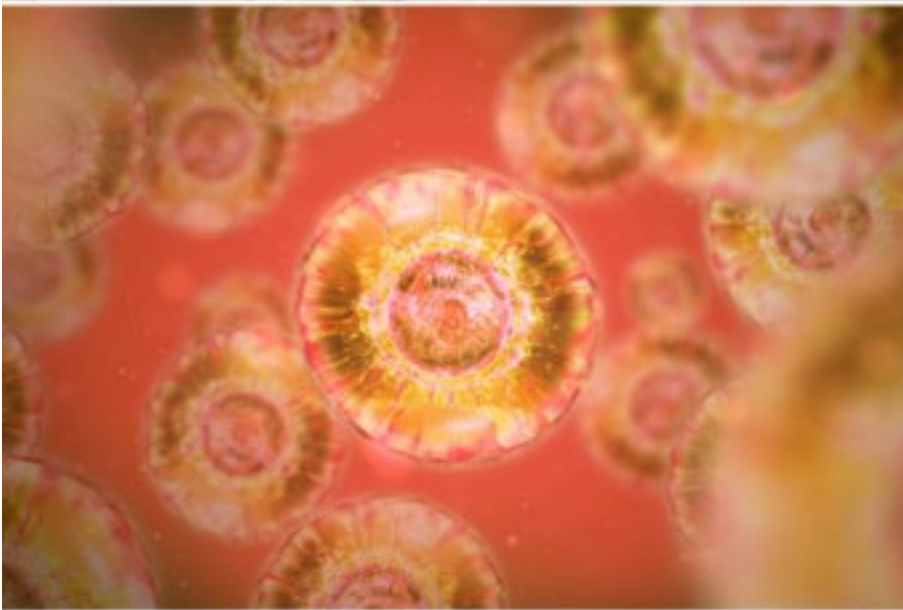


## Stem Cell Therapy for Spinal Discs



### Overview

Spinal discs allow your spine to bend and twist. These flexible shock absorbers can be damaged by injury, disease, or the added stress that can result from a spinal fusion. But stem cell therapy may help. It uses parts of your own blood to help repair disc damage. It can slow disc degeneration. It may help you avoid surgery.

### Collecting the Stem Cells

Stem cell therapy takes advantage of the special healing quality of stem cells. These cells can help repair damage to discs and other tissues in the body. Stem cells are found in your bone marrow. Your doctor can use a special needle to take a small amount of marrow from your hip bone.

### Injection

The doctor injects this mixture into your damaged disc. The injection triggers your body's healing response. The stem cells multiply. They help rebuild tears and restore damaged parts of your disc.

### Conclusion

After the procedure, you can go home. Your doctor will ask you to come back to the office several times to monitor the healing process.

\* NSAIDS (Ibuprofen, Aleve, Meloxicam, etc. must be stopped 3 weeks before your procedure and 3 weeks after your procedure.

\* The regeneration process starts immediately, however it generally takes 6-12 weeks prior until you will see substantial results.

If you have any questions following your procedure or experience any complications, please call our office.