



**20 REASONS TO CONSIDER  
REGENEXX INSTEAD OF SURGERY**

The Regenexx website is filled with our most important information, research, and imperative decision-making material. Included below are 20 highlights on Regenexx history, procedures, safety, and patient outcomes—all reasons you may want to consider Regenexx instead of surgery. Each point is supported with links to website data.

1. Regenexx performed the first orthopedic stem cell procedure in the United States. We now have over a decade of experience and as of May 2017, have performed over 46,000 Regenexx procedures.

- [Regenexx](#)

2. Regenexx has the most-researched stem cell procedure for orthopedic conditions in the United States. With our 2016 publication of the world's largest orthopedic stem cell safety paper, the published research on Regenexx procedures now accounts for approximately 50% of the world's orthopedic stem cell literature (cumulative number of patients published and treated with bone marrow stem cells).

- [Regenexx Publications Found Through the US National Library of Medicine](#)
- [Regenexx Orthopedic Stem Cell Research](#)
- [Regenexx Stem Cell Safety Paper Published in International Orthopaedics](#)

3. Our patented technique allows us to concentrate bone marrow 5-6 times more than similar procedures. Our method is verified in the lab.

[Regenexx Patented Stem Cell Procedures](#)

4. All injections and harvesting use advanced imaging and guidance for precision. We use fluoroscopy and ultrasound for every procedure. We know where the cells are coming from and where we are placing them.

[The Regenexx Difference—Taking and Placing Stem Cells with Accuracy](#)

5. We publish our outcome and safety data (gathered from our stem cell registry—see number 12 below). We are transparent with our results, update this information regularly, and make it public on our website. We also have a live application that allows you to view patient-outcome data based on the parameters (body part and metric) you select.

[Regenexx Patient Outcome and Safety Data](#)

[Regenexx Live Outcome Data Application](#)

6. All doctors are musculoskeletal experts with extensive training in orthopedic stem cell injections. All providers must complete their comprehensive Regenexx certification and prove their injection skills to administration and training physicians prior to performing any stem cell procedure.

- [Our Regenexx Network Providers Are the Best of the Best in Their Fields](#)
- [Find a Regenexx Network Provider](#)

7. We use a patented multi-injection stem cell protocol for the best possible outcomes. We have tested this protocol for 10 years and have shown its effectiveness.

[The Regenexx Patented Same-Day Stem Cell Protocol](#)

8. Regenexx has a dedicated-lab research team for continuous procedure improvements. Our lab is headed by a PhD cell biologist. Our research-and-development team continues to innovate the field of orthopedic stem cells.

- [Regenexx Research Lab Video](#)
- [Regenexx Research and Discovery Stem Cell Lab Receives Its Dedication Plaque](#)

9. We have the ability to count cells and doses appropriately by condition. We know through extensive research how many cells it takes to help one or more joints. We don't guess.

- [Teaching the World to Count: Does Your Doctor Know How to Dose Cells?](#)
- [Counting Stem Cells—What's the Proper Knee Stem Cell Dose?](#)
- [What Do All of These Stem Cell Numbers Mean? A Doctor-Patient Guide](#)

10. Bone marrow is used for the stem cell source. This has the most research for orthopedic application and is the best source of stem cells for musculoskeletal conditions.

- [Fat vs Bone Marrow Stem Cell Video](#)
- [More Research That Bone Marrow Beats Fat for Orthopedic Applications](#)
- [Fat vs Bone Marrow Stem Cells for Arthritis](#)

11. With over 46,000 procedures performed, we add hundreds of stem cell and platelet-rich plasma (PRP) procedures to the Interventional Orthopedics Foundation Registry each month. Our national network uses the same protocol. We are able to use this data to customize the strength of the cells for each person's specific condition.

[What Is a Registry?](#) (Mar. 2016)

[The Interventional Orthopedics Foundation Registry](#)

12. We have the largest stem-cell-research registry in the world, currently tracking close to 10,000 patients. The data for our outcome reports (see number 5 above) are collected from this registry.

- [The World's Oldest and Largest Stem-Cell-Treatment Registry](#)
- [We Use Registry Data to Track Patient Outcomes and Complications](#)
- [View Outcome Data Collected from Our Registry](#)

13. We currently treat retired and active professionals, college, and high school athletes and weekend enthusiasts. Visit our [Regenexx Videos](#) page and browse to find many more patient testimonials from athletes and fitness enthusiasts.

- [A Master Triathlete Gets His Mojo Back with Regenexx](#)
- [Regenexx Treatments Help 60-Plus Fitness Adventurer Get Back on the Rings](#)
- [Ferrari Race Car Driver Opts for Meniscus Stem Cell Treatment](#)
- [Lower Back Stem Cell Treatment Returns Fitness Pro to Competition](#)
- [Pro Competitive CrossFit Athlete Finds Relief with Regenexx](#)
- [College Volleyball Player Avoids Another Surgery](#)

- [NFL Player Jarvis Green's Stem Cell Story](#)
- [Artist Achieves Life-Changing Fitness Goals Following Knee Stem Cell Injections](#)
- [Helping a College Track Athlete Avoid Hip Labrum Surgery](#)
- [Regenexx Knee ACL Stem Cell Procedure Helps High School Wrestler Avoid Surgery](#)
- [High School Athlete Plays in State Championship After Injections for Meniscus Tears](#)
- [Grateful Triathlete Uses Own Stem Cells to Help Knee](#)
- [Middle-Aged Triathlete Completes Kona Ironman After Regenexx Knee Procedures](#)
- [A Golfer's Elbow Injection in an NFL Player Helps Him Get Back in the Game](#)
- [Stem Cells Help Senior Ex-NFL Player Get Back to Golfing](#)
- [Stem Cells Help a College Track Athlete with Ankle Arthritis Return to Competition](#)
- [Ankle Stem Cell Treatment in a Rodeo Champion](#)

14. Regenexx is supported by James P. Bradley, MD, and Joseph C. Maroon, MD—medical staff for the Pittsburgh Steelers. Other NFL medical staff also use Regenexx for active players.

- [James Bradley on Stem Cells in Sports Medicine: Sports Illustrated](#)
- [Joe Maroon and Regenexx Featured in Max Sports & Fitness](#)
- [Ironman Joe Maroon Featured in Wall Street Journal](#)
- [Joe Maroon Competes in 2nd Hawaii Ironman Since Regenexx Procedure](#)

15. There are two randomized controlled trials currently under way. We continue to fund and do the most research in this field.

[Regenexx Current Clinical Studies \(From link, click on “Clinical Studies” or scroll to bottom of page\)](#)

16. Regenexx treats the entire musculoskeletal system with autologous stem cells—from the spine to the peripheral joints, ligaments, and tendons.

[Regenexx Stem Cell & Platelet Procedures \(From link, click on the “Areas Treated” drop-down menu\)](#)

17. Stem Cell 101: We use the patient’s own stem cells harvested from the iliac crest. This procedure is FDA compliant.

[Stem Cell Basics](#)

[Bone Marrow Aspiration \(BMA\), or Stem Cell Harvesting](#)

[Guidance Is Crucial When Performing a Bone Marrow Aspiration](#)

18. Overview of the Regenexx differences: Regenexx is the world leader in orthopedic stem cell procedures. This infographic highlights our differences compared to any other option, including top-named orthopedic practices that treat professional athletes with surgery and say they do stem cells.

[The Regenexx Difference](#)

19. Regenexx patient-education books: The purpose of our library is to educate people about making the best health decisions. Orthopedics 2.0 is an Amazon #1 best seller and has been downloaded over 130,000 times with over 60,000 copies in print. Other books include The Spine Owner’s Manual, The Knee Owner’s Manual, Nutrition 2.0, and ProActive, and all are available as free downloads or Amazon Kindle e-books.

[The Regenexx Library](#)

20. Regenexx blog: Dr. Centeno is the author of the Regenexx blog. With well over 2,000 articles to date, he posts relevant content about advanced biologics (stem cells, PRP, etc.), procedure outcomes with before and after images, musculoskeletal issues, research studies, diet and nutrition, patient testimonials, and other health topics five to six days a week.

[The Regenexx Blog](#)

A. Examples of MRI Before-and-After Images Posted on the Regenexx Blog\*\*

- [Another Perc-ACLR Procedure Success: ACL Tears and Stem Cells](#)
- [What Is an Annular Tear?](#)
- [Can a Stem Cell Procedure Reduce Disc Bulge Size?](#)
- [Culture-Expanded Stem Cells for Knee Arthritis](#)
- [Hip Arthritis Stem Cell Injection: 2.5 Years Later](#)
- [Can a Precise Knee ACL Stem Cell Injection Regrow a Torn ACL?](#)
- [Back Fusion Alternatives? Can You Avoid Surgery Without a Disc Injection?](#)
- [Check Out This Torn Kneecap Surgery Recovery...with Precise Stem Cell Injections!](#)
- [Rotator Cuff Surgery or Rotator Cuff Surgery Alternative...You Decide](#)
- [Another Interventional Orthopedics First: Injecting Stem Cells into a Kneecap with AVN](#)
- [Achilles Tendon PRP Injection: Open Surgery or an Injection?](#)
- [Treating a Knee Meniscus Tear with Stem Cells](#)
- [Update: Severe Shoulder Rotator Cuff Tear Treated with Stem Cells](#)

B. Examples of Patient Testimonials (by Body Area) Posted on the Regenexx Blog\*\*

Knee

- [4-Year Knee Stem Cell Procedure Update](#)
- [Knee Stem Cell Injection: Joe Young Conquers Chronic Pain](#)
- [Julie's Christmas Wish: The 2016 Update](#)
- [Regenexx Provider Dr. Movva: A Regenexx Patient Review](#)
- [Watch a Knee Stem Cell Injection Review in 10 Seconds!](#)
- [Patient Happy She Had Meniscus Tear Treated Without Surgery](#)
- [ACL Tear Treatment: Helping a College Football Player Avoid Surgery](#)

- [One Patient's Reminder of the Help She Got from the Regenexx-ACL Stem Cell Procedure](#)
- [A Severe Knee Arthritis Patient Treated with Stem Cells](#)
- [Knee Stem Cells in Chicago and Heli Skiing](#)
- [Another Torn Knee Meniscus Helped by Stem Cells](#)
- [Helping a Soccer Player with Knee Meniscus Tears Get His Game Back with Stem Cells](#)
- [Helping a Severely Degenerated Knee with Stem Cells](#)
- [An Update on Knee Stem Cell Injections for an Unstable Meniscus](#)
- [Cycling Dreams and Knee Stem Cell Injections](#)
- [Nailing the Latest CrossFit Craze with Knee Stem Cell Injections](#)
- [Helping a Soccer Star with a Bad ACL Shine Again](#)
- [Regenexx-SCP Patient Back to Training Hard](#)
- [Another Stem Cell Knee Arthritis Success in an Avid Skier](#)
- [Regenexx-SD Helps an Unlikely Candidate](#)
- [Regenexx-SD Patient Review: Pain-Free & Active Again](#)
- [Treating Winter Sports Injuries with Stem Cells](#)

#### SHOULDER: Shoulder

- [How to Avoid Surgery for Rotator Cuff Tears and Take Gold!](#)
- [A Colorado Regenexx Patient Review: Pain Free!](#)
- [Helping Another Shoulder Rotator Cuff Tear Heal](#)
- [Avoid Rotator Cuff Surgery: Following Up on the Doctors Show](#)

#### Ankle and Foot

- [Treating Severe Ankle Arthritis with Stem Cells](#)
- [Gymnast Foot Problems: Could It Be Your Back?](#)
- [Treating Ankle Arthritis with Stem Cells](#)



## Hand

- [Hand Arthritis Stem Cell Facebook Post by a Grateful Patient](#)
- [One Journalist's Personal Hand Stem Cell Story](#)

## Hip

- [The Side Effects of Hip Labrum Surgery: Brian's Surgery](#)
- [A Regenexx Hip Patient Update: Don't Know What You Don't Know](#)
- [A Hip Stem Cell Treatment in an Akido Master](#)
- [Helping a Dancer with Hip Pain Avoid Hip Labrum Surgery](#)

## Neck

- [A CCJ Instability Treatment Update](#)
- [New Treatment for Neck Pain: Platelet Lysate and Heidi's Journey](#)
- [A Colorado Regenexx Patient Review—Pain Free!](#)

## Back

- [Dr. Axe on the Advanced Stem Cell Site in Grand Cayman and His Back and Shoulder Treatment\\*](#)
- <https://www.regenexx.com/eileens-low-back-stem-cell-recovery/>
- [Stem Cells for Back Pain? One Patient's Experience](#)
- [Spinal Stenosis Surgery Alternatives—Helping a Diver Return to Saving Our Coral Reefs](#)
- [A Grateful Patient Reports Her Experience on Facebook](#)

\*Regenexx-C (cultured) is only offered by Regenexx Cayman.

Regenexx Cayman is an independently owned and operated medical-services provider operating exclusively in the Cayman Islands and is not part of or affiliated with the Centeno-Schultz Clinic or any US Regenexx Network provider. The Regenexx-C procedure licensed by Regenexx Cayman is not approved by the US FDA for use in the United States.

\*\*Like many medical procedures Regenexx has its success and failures. Not everyone will achieve the same results.

**Regenexx<sup>®</sup> is VERY Different - Why Regenexx Stem Cell Treatments are Superior to Other Solutions**





## Regenexx Procedure Network

Find a Physician



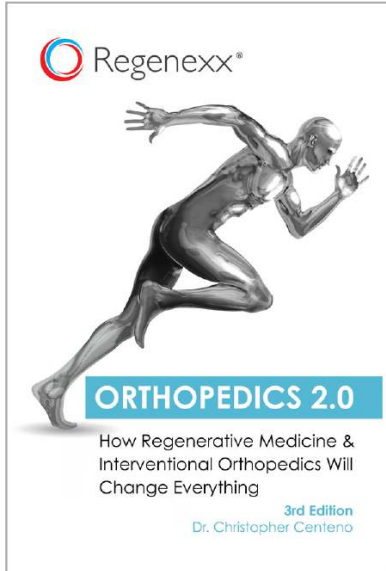
## Regenexx Supplements

### Advanced Stem Cell Support Formula, Turmeric Curcumin Complex and Concentrated Pro Omega 3 Fish Oil.

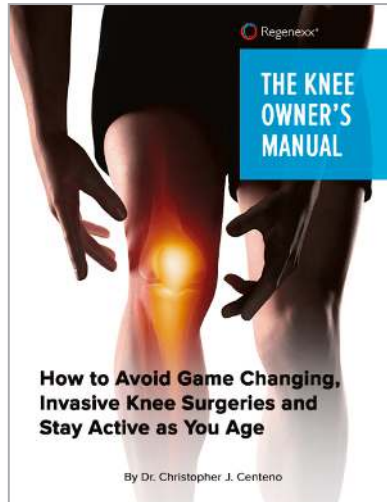


## Orthopedics 2.0

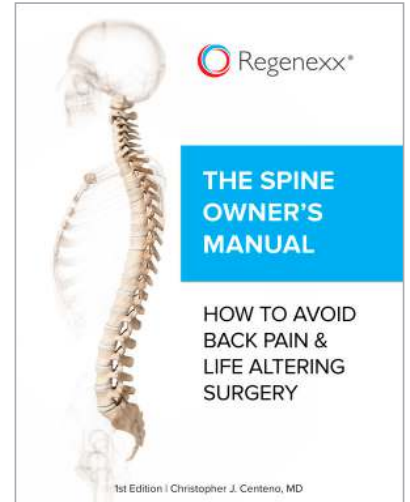
an Amazon Best Seller



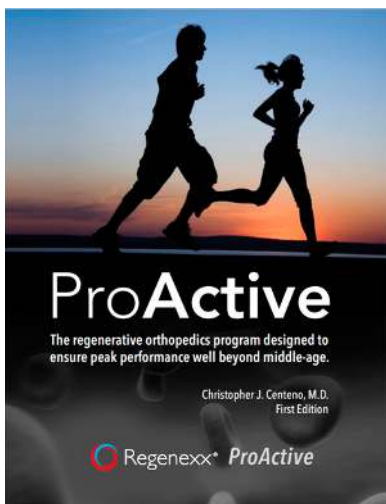
## The Knee Owner's Manual Book



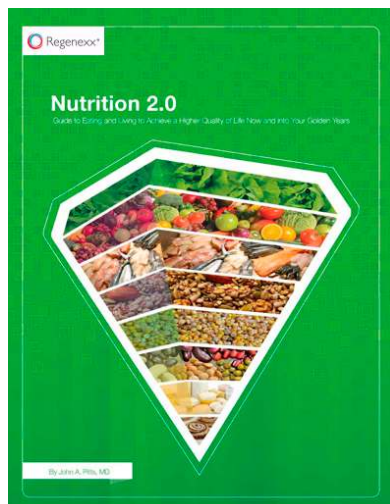
## The Spine Owner's Manual



## ProActive Book



## Nutrition 2.0





**[www.regenexx.com](http://www.regenexx.com)**

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For more information or to schedule  
and appointment call 888-525-3005

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