

CELLULAR THERAPY FOR
***CHRONIC
KNEE PAIN***

***LEARN HOW
CELLULAR TREATMENT
CAN RESOLVE KNEE PAIN AND
PROVIDE AN ALTERNATE
SOLUTION TO SURGERY***



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WHAT IS CELLULAR THERAPY FOR KNEE PAIN?

Cellular Therapies have been used in other parts of the world to heal and reverse a variety of medical issues, including joint pain, for almost 2 decades. Now this game-changing therapy is available here in the United States at select FDA compliant clinics like NSI Broward LLC (NSIB). But, what exactly is Cellular Therapy, and how can it help you treat your knee pain?

This treatment involves the injection of your own healing properties to repair and replace damaged tissue in any joint, including the cartilage in your knees.

This is a minimally invasive outpatient procedure that requires little to no recovery time. Your cells are harvested from one area and injected directly into your knee. PRP (Platelet Rich Plasma) is also used to help promote the healing power of your cells. Typically patients are back to their normal activities in as little as twenty-four hours.

WHERE DO THESE CELLS COME FROM?

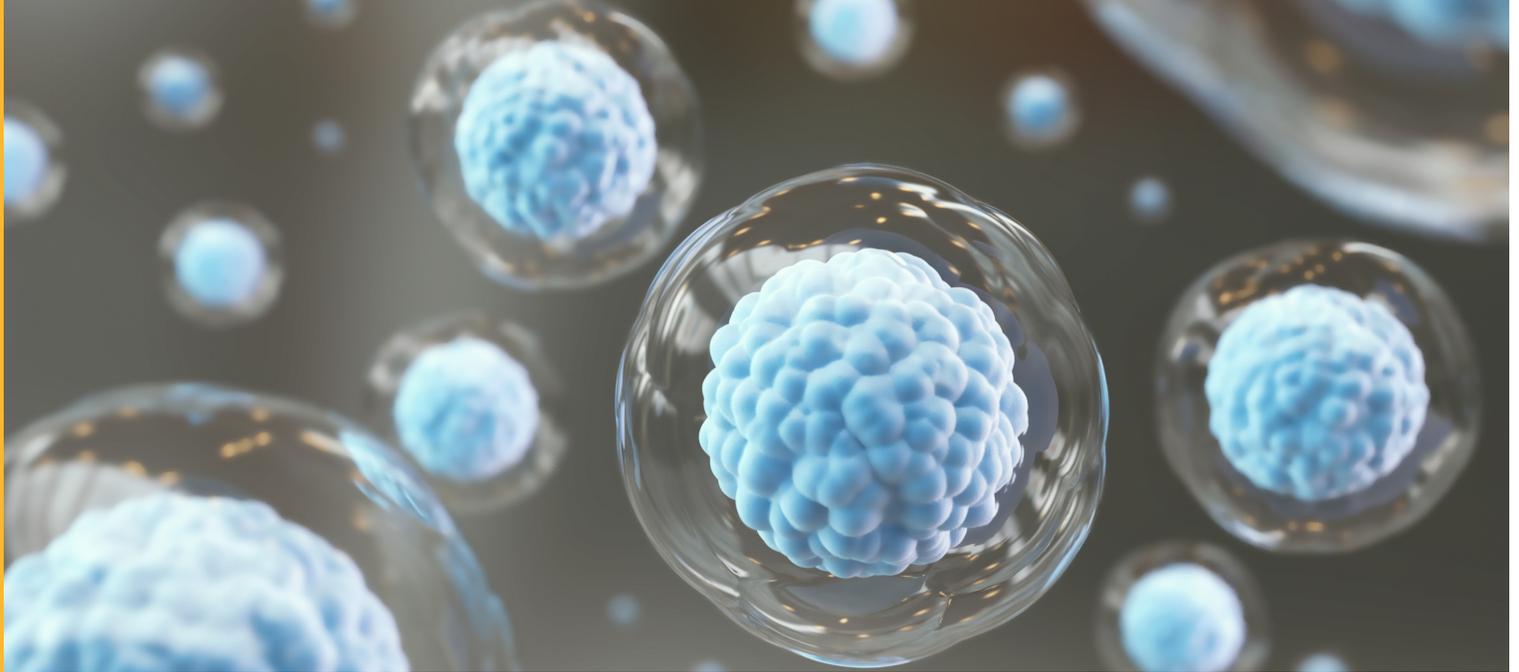
Every tissue in your body has healing cells within it, and those cells are constantly working to repair and replace damaged cells within those tissues. This is how we heal and self regulate. So there are multiple sources for healthy adult stem cells in your own body. Stem cells used in regenerative medicine can come from a variety of sources. Some sources for stem cells, like embryonic, have a history of controversy and questionable ethics and morality. Sources like adult adipose (fat) and bone marrow have nothing to do with those ancient controversies. At NSIB we use bone marrow-derived cells because they provide the richest and most abundant source of mesenchymal adult stem cells and accessory cells. "Mesenchymal" means these cells have the ability to turn into several other types of cells, including muscle, bone, and cartilage. And, because such an abundance can be harvested from you; more cells means more potential for healing!

By using these cells, as well as Platelet-Rich Plasma (PRP) obtained from



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your blood, physicians can maximize the healing potential of your treatment. Once the cells are comfortably harvested and activated, they are precisely injected into the area that needs attention. The primary differences between Cellular Therapy and traditional medicine is that Cellular Therapy is designed to heal and regenerate the cause of your pain, which is damaged cartilage. The treatment is intended as a single outpatient procedure. That's the beauty of Cellular Therapy; there are no expensive medications, medical equipment, therapies, or follow-up visits that are just designed to mask symptoms and allow the condition to get worse. A Cellular Therapy treatment can be a one-time treatment with no additional care or expense. The nature of Functional Medicine practitioners, like NSIB, and the Regenerative school of thought, is to make you well and let you get on with your happy and healthy life, instead of just masking symptoms short term and prolonging the inevitable... Surgery.

WHAT TYPES ON KNEE CONDITIONS CAN *CELLULAR THERAPY HELP?*

Chronic knee pain can be a major inconvenience. It can interfere with your mobility and reduce the amount of time you can spend standing or walking. If you work on your feet it can prevent you from being able to perform all of your job duties. Chronic knee pain has ended the careers of many professional athletes. Parents and Grandparents may opt out of a variety of family activities because of their knee pain. The varied sources of this chronic knee pain can be different for each patient. Here are a few of the conditions that may qualify for Cellular Therapy:

- ✓ **Arthritis, such as osteoarthritis**
- ✓ **Cartilage reduction in the knee joint**
- ✓ **ACL or MCL tears due to injury**
- ✓ **Meniscal tears**
- ✓ **Other degenerative conditions**



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The most common treatments for these conditions are arthroscopic knee surgery and total knee replacement. With either of these surgeries, you can spend months dealing with expensive and extensive rehabilitation before your body is able to regain mobility and strength and to feel significant pain reduction. It can be months before you are able to get back to doing what you love in life. What is your time worth?

Evidence suggests that some forms of surgery offer no real benefit. There are additional issues associated with knee replacement in that, today, it is over prescribed as a solution. Not long ago, knee replacement was considered a last-ditch attempt to help restore the use of the joint. It has now become the most common method for treating chronic and severe knee pain. Some studies suggest as much as 1/3 of knee replacements fail in the first year. Unfortunately, the use of stem Cellular Therapy for chronic knee pain is not yet widely known among the public. Thousands of patients continue to choose meds to mask symptoms and ultimately invasive surgery or knee replacement without realizing there are better-suited, more natural and safer options available that provide long-term relief and improved quality of life.



STEM CELL TREATMENT AS AN *ALTERNATIVE TO SURGERY*

You should always explore your options before deciding to agree with any form of surgery. Cellular Therapy has been shown to be an effective and preventative solution and it has the added benefit of not excluding surgery as a future option if needed. Let's say you undergo a Stem Cell Treatment and are one of the very rare patients for whom it doesn't work; surgery is still an option! The reverse is not always true. Once you have replacement surgery you are no longer a candidate for Cellular Therapy.



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CELLULAR THERAPY HELPS YOU AVOID KNEE REPLACEMENT

Along with acting as an alternative to surgery, you may be able to avoid a complete replacement of your knee with Cellular Therapy. Over 600,000 knee replacements are performed each year in the United States. This includes knee replacements due to injury, chronic arthritis and wear and tear.

Imagine how many of these surgeries could have been prevented with the use of stem cells. With Cellular Therapy, you will not have to deal with the long, painful recovery process that is associated with surgery. Not only will this help you avoid missing too much work or enjoyable activities, you will also avoid many of the potential risks associated with invasive surgery, which include failure to improve, infection, blood clots, bleeding, nerve injury, and/or death.

Cellular Therapy patients are often able to return to work within one day.

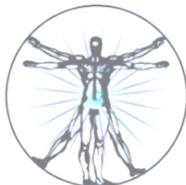
Unlike invasive surgery, recovery time is minimal. It's recommended that you wait 4 to 6 weeks before you participate in activities that require impact, torque or heavy lifting (such as running, golf or weight lifting). Patients can typically return to low-impact exercise (such as walking, elliptical, or biking) within three to four days.

The bottom line is that Cellular Therapy is a quick and effective treatment that may allow you to avoid knee replacement or invasive surgery.



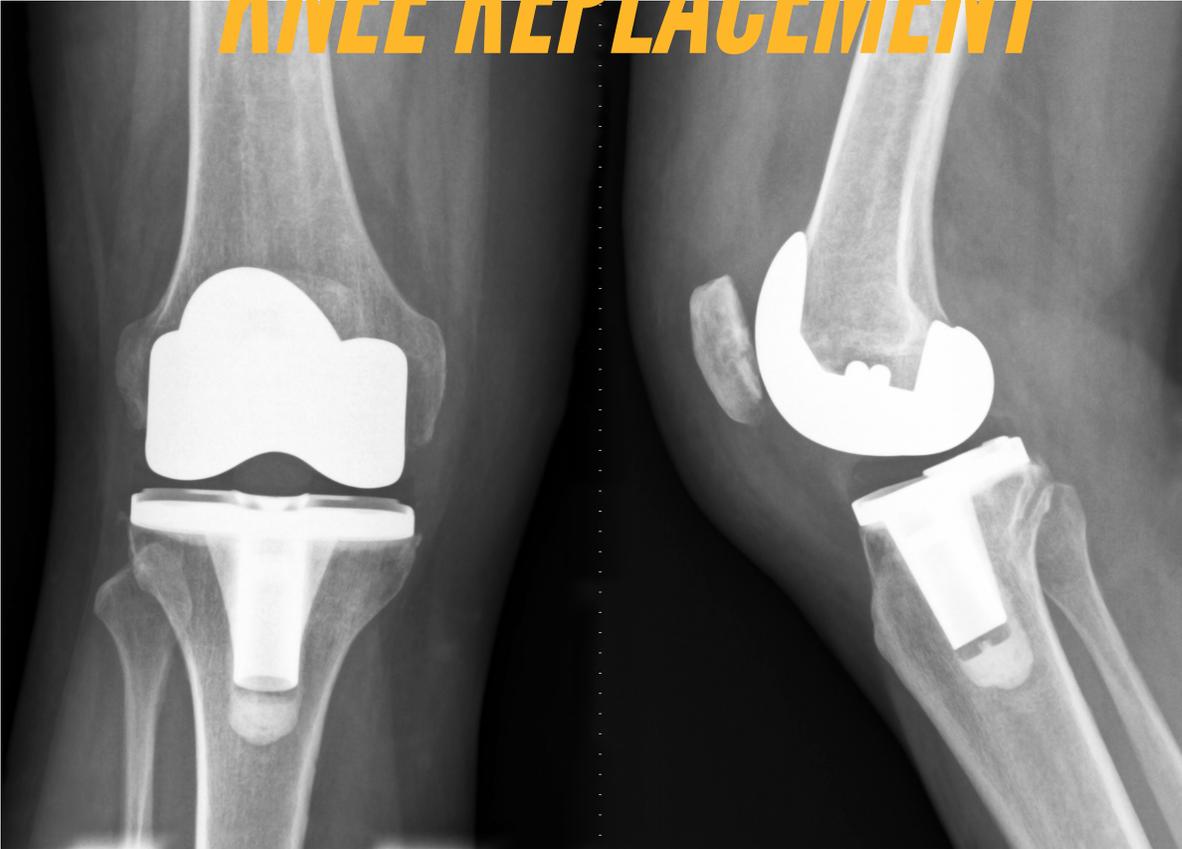
CELLULAR THERAPY HELPS HEAL AND RESTORE CARTILAGE

When you seek treatment for knee pain, you may be told that there is no cartilage left in the knee joint. The doctor may say that it is "bone on bone." However, this is rarely the case. Generally, there are still areas of cartilage, which can respond positively to the cellular regeneration offered with Cellular Therapy. In our facilities, we have helped many patients with "bone on bone" conditions return to normal function and reduced pain. We have followed patients for as much as 8 years follow up who exhibit continued relief and improved function.



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RISKS OF SURGERY OR KNEE REPLACEMENT



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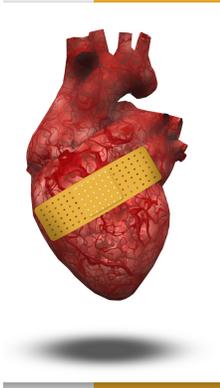
To highlight the difficulties associated with knee surgery or replacement , here are a few facts that are often overlooked or not properly explained to patients:

- Your risk of heart attack increases after knee replacement
- Smoking increases your risk of complications during surgery
- Knee replacement adds metal ions to your blood
- Some patients experience an allergic reaction to the replacement
- There are alternatives to knee surgery or replacement
- A recent study (2017) showed that 33% returned to chronic pain following surgery



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YOUR RISK OF HEART ATTACK INCREASES

Your risk of experiencing a heart attack increases after undergoing a knee replacement. One study found that patients over the age of 60 who underwent a replacement surgery were 25.5 times more likely to have a heart attack during the 2 weeks following their surgery. Surgery causes trauma to bone and blood vessels. This trauma increases the risk of blood clots. This, in turn, increases the risk of a heart attack.

SMOKING INCREASES THE RISK OF COMPLICATIONS

If you are a smoker, you face an additional set of risks when undergoing knee surgery or replacement. In fact, this can be a deadly situation. Researchers have found that smoking can increase the risk of infection by 53%. Smokers who received these surgeries also faced a 63% greater chance of living less than one year after the surgery and a 61% greater chance of experiencing a stroke.



KNEE REPLACEMENT ADDS METAL IONS TO YOUR BLOOD



Another potential risk associated with knee replacement is the presence of metal ions in your blood. This occurs when small pieces of plastic, metal or ceramic material break from the knee prosthesis. This irritates your tissue and allows particles, including metal ions, to enter your bloodstream. Unfortunately, we do not fully know the long-term effects of higher levels of metal ions in your blood, but the possibility of having foreign substances in your body should act as a caution sign.



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ALLERGIC REACTIONS TO THE KNEE REPLACEMENT ARE POSSIBLE

Before undergoing knee surgery or replacement, it is important to undergo allergy testing. In the past few years, surgeons have noticed an increase in allergic reactions to the metal or other components used during knee replacement surgery.

One study found that nearly two-thirds of people who have a knee replacement experience some type of allergic reaction. These allergic reactions can limit your ability to recover from the surgery. More importantly they can affect your long term health.

CHRONIC PAIN

A recent study published in the British Medical Journal in 2017 concluded that the current practice of knee replacement performed in the U.S. on patients with knee osteoarthritis had minimal effects on quality of life. It also showed that up to one-third of recipients of total knee replacement experienced chronic pain postoperatively.



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ARE YOU A CANDIDATE FOR CELLULAR THERAPY?



This is your call to action - should you talk to an experienced physician about a regenerative treatment? We think you should. We are talking about your life and your quality of life. It needs to be as important to you as it is to us. Important means you get all the information you can before making a decision.

Whether you've just been diagnosed with chronic pain, been recommended to undergo surgery, or have been recovering from a failed surgery - there is no good reason not to have a cellular therapy consultation.

There are many people suffering from debilitating knee pain conditions that suffer for no reason. Cellular therapy can be the solution to your pain, your happiness and your freedom.

The first step is contacting one of our experienced physicians who specialize in regenerative medicine. We will evaluate your condition, perform a complete case review, and determine the best course of action - and at NSI Broward we do not charge for this service.

IT'S TIME TO STOP LIVING WITH PAIN. TAKE CONTROL OF YOUR BODY AND REGAIN THE LIFE YOU DESERVE, PAIN-FREE!



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