For joint arthritis and muscle pain and injuries, the team at Restorative Spine & Joint offers minimally invasive regenerative medicine techniques to help you recover from chronic pain. Located in Santa Maria, California, the medical team utilizes advanced restorative techniques to support the natural healing of injured joints and soft tissues without the need for surgery. To learn more, schedule a consultation online or by phone today.

Regenerative Medicine Q & A

What is regenerative medicine?

Regenerative medicine is a form of biotechnology that involves injecting regenerative medicine products into injured tissues to help your body repair damage. Regenerative medicine uses tissue engineering techniques to repair muscles, ligaments, cartilage, and tendons damaged by injuries, overuse, and osteoarthritis. The medical providers at Restorative Spine & Joint select from a variety of available treatments and products. These include amniotic allografts, hyaluronic acid, regenerative cells, and cytokines which are powerful growth factors that may help regenerate your own body’s tissues.

After you’re injection with the amniotic allograft serum, the growth factors trigger repair at the site of injection. Over the course of the next several weeks, cells grow and multiply forming new tissue.

Regenerative medicine may be used in the following areas:

Shoulder

Elbow

Wrist

Hip

Knee

Ankle

There are many additional types of bone and soft tissue problems, including arthritis, that these injections may benefit.

With regenerative medicine and amniotic allograft treatments, the team supports the natural healing abilities of your body without the need for drugs or surgical repair and painful recovery. However, not all forms of regenerative medicine are equal. At Restorative Spine & Joint, the team only works with the best regenerative medicine labs to ensure that the right kind of products are selected and that they are of the best quality and highest safety.

How does regenerative medicine work?

The team uses lab-grade products that are sterilized and processed to inject into the injured area. Once injected, it is thought that these powerful products differentiate into a variety of tissues to trigger your own body to repair damaged tissues. This damage may involve minor tears in muscles, ligaments, and tendons, or cartilage and meniscus breakdown in joints.

Regenerative medicine products contain the basic building blocks of the body tissues — including proteins, amino acids, and cytokines — responsible for healing and tissue growth. They also provide anti-inflammatory benefits by promoting repair of tissues affected by inflammation.

While some inflammation is normal and has a benefit to healing injuries, long-term inflammation causes pain, swelling, and further damage to tissues. When you experience too much inflammation, it does more harm than good. Instead of constantly relying on anti-inflammatory medications, regenerative products may be able to correct the problem at the source and reduce the production of natural inflammatory chemicals so you can heal.

What can I expect from regenerative medicine treatments?

During your visit, the team begins with a consultation and physical exam to determine if you’re a candidate for regenerative medicine. They ask about your symptoms, condition, overall health, and lifestyle. If you’re a candidate, the team then explains the procedure and what to expect both during and afterward.

For the procedure, the team first cleans your skin and applies a topical numbing cream to your skin, if needed. Next, the team injects regenerative products into the treatment area. You may feel a slight pinch or burning sensation during the injection. The injection takes less than five minutes and you can return to your usual activities the same day. Mild soreness at the injection site is possible for two to three days.

Over the coming weeks and months, the injected products help repair damaged tissues at the treatment site. Most people notice results after two months. Follow-up care may be recommended based on your condition and initial results. The team has seen dramatic results with regenerative medicine treatments, however, individual results can vary. Speak to the team to see if regenerative medicine is right for you.

To learn more, schedule a visit online or by phone at Restorative Spine & Joint now.