

Innovative Stem Cell Therapy

Chronic pain robs sufferers of their quality of life and often leads to unnecessary pain medications and even depression. It is possible to turn the clock back and get your life back!



The
Wellness Studio

www.TheWellnessStudioLB.com



The
Wellness Studio

Welcome to A New and Better Solution

Chronic pain robs sufferers of their quality of life and often leads to unnecessary pain medications and even depression. It *is* possible to turn the clock of time backwards and *get your life back*.

During our unique presentation, you will learn *everything* there is to know about Stem Cells and other advanced regenerative therapies, including how they work, the different types, where they work best, research studies and effectiveness.

Stem Cells are changing the lives of thousands across this great country for the better and our doctors are fully trained by [The Wellness Studio](#) to present this amazing educational work shop to help you decide if this is the right treatment for you.

By the end of this workshop you'll be fully educated on these new forms of stem cell treatments and will know if this could be the correct treatment for your particular condition.

Neck Pain - 3
Neck Pain - 3

Shoulder Pain - 6
Shoulder Pain - 6

Back Pain - 9
Back Pain - 9

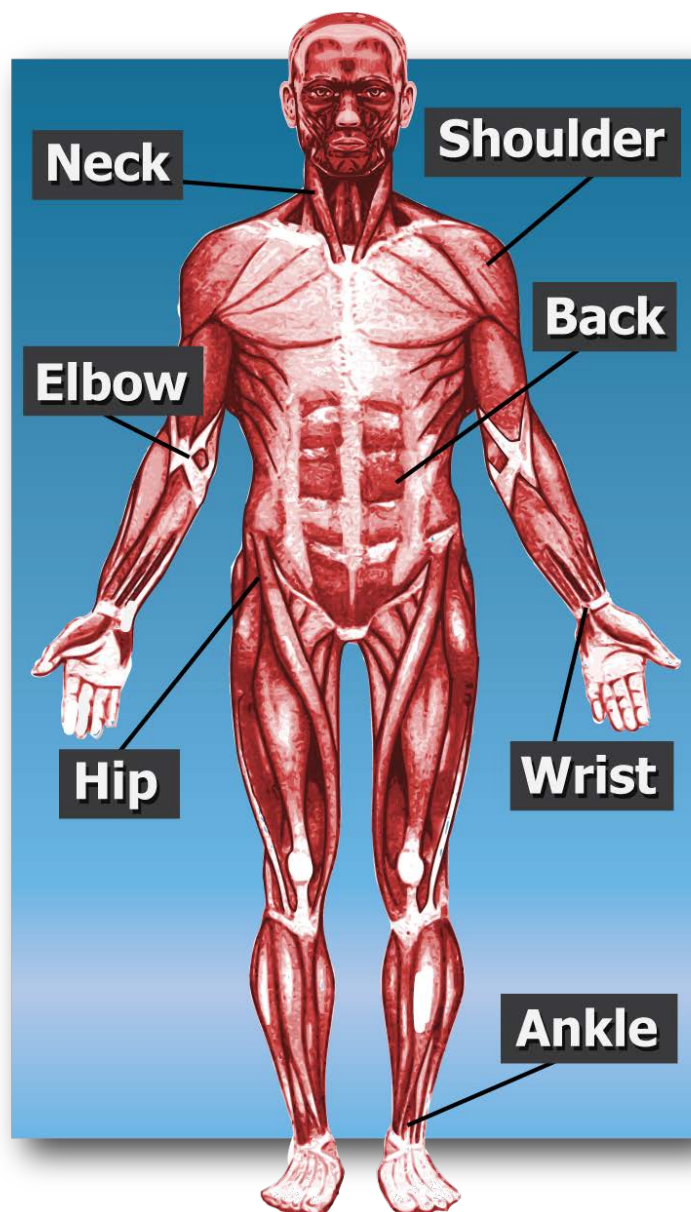
Wrist Pain - 12
Wrist Pain - 12

Elbow Pain - 15
Elbow Pain - 15

Hip Pain - 18
Hip Pain - 18

Knee Pain - 22
Knee Pain - 22

Ankle Pain - 25
Ankle Pain - 25



At **The Wellness Studio**, non-invasive medical procedures are the mainstay of our practice. Using the most up to date techniques, our staff treats patients as whole people, providing a comprehensive diagnostic assessment in order to design a customized strategy for relief from medical concerns in *Long Beach, CA*. Stem cell research, for example, has advanced to a point that, at **The Wellness Studio**, stem cell injections as part of our array of treatments, designed to help our patients attain their wellness goals and achieve a higher quality of life.

Until recently, treatment options for people with osteoarthritis of the knee were limited. Steroid injections, joint replacement surgery, and physical therapy were often the only treatment options. Now, in *Long Beach, CA* stem cell injections for knee osteoarthritis are available, at **The Wellness Studio**. Stem cell therapy also has applications for treating Achilles tendonitis, rotator cuff tendonitis, and degenerative arthritis.

Neck Pain



If you suffer with the following neck conditions learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

- **Cervical Pain**
- **Cervical DJD**
- **Cervical Arthritis**

Regenerative Medicine for Cervical Pain, DJD & Arthritis

The bones of the neck are made up of several cervical vertebrae. Between each vertebra sits a cartilage disc

that acts as a cushion, allowing the neck bones to move smoothly without friction. When cartilage starts to deteriorate, or becomes damaged, cervical neck pain and stiffness can occur. Cervical neck pain from an injury, inflammation, or disc degeneration can become chronic and increasingly difficult to treat.

Regenerative medicine has revolutionized treatment options for those suffering from chronic neck pain. Regenerative Cell Therapy uses Regenerative cells to target the painful areas, help recharge the immune system, and greatly reduce inflammation. This allows the body to heal itself naturally and quickly. **Many patients have been able to avoid the risks of surgery and medication with our non-invasive, in-office procedures.**

Regenerative Cell Therapy is a revolutionary solution to *heal cervical joint degeneration*, and a safe alternative to medications, steroid injections, and surgery. We use a high concentration of regenerative cells to reduce inflammation, alleviate pain, and trigger an immune response to heal damaged tissues. While aging and inflammation can slow down the body's natural healing process, our regenerative medicine techniques aim to jumpstart this system and target specific areas of the body. These non-invasive procedures can be done in a same-day, in-office visit.

Regenerative Medicine for Cervical Arthritis

Cervical arthritis is chronic inflammation of the tendons, ligaments, and soft tissues surrounding the vertebrae of the neck. Between each vertebra sit discs of cartilage that provide support for the moving joints in the neck, and keep the bones from rubbing against each other. When this cartilage dehydrates, or becomes damaged, signs of inflammation and arthritis can develop.

Regenerative Cell Therapy can reduce the inflammation that causes arthritic pain. By using the amniotic cell therapy with a high concentration of immune cells and healing factors, this procedure helps the body naturally repair the damaged tissue and cartilage between each vertebra in the neck. With our same-day, in-office procedures, we can help you start feeling better fast.

We Provide Multiple Regenerative Therapies

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These therapies has the potential to *actually alter the course of the condition* and not simply mask the pain. This therapy has significant potential for those in pain, and could actually *repair structural problems* while treating pain and inflammation simultaneously.

Amniotic Regenerative Cell Therapy

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- **Hyaluronic Acid for joint lubrication and movement**
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Platelet Rich Plasma Therapy

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Alpha 2 Macroglobulin

Alpha-2-Macroglobulin (A2M) is different from other treatments. It is a naturally occurring molecule found in your blood, which when administered in concentrated doses, acts as a powerful protector against cartilage breakdown. A2M attaches to and removes the destructive enzymes--proteases--which damage cartilage cells and tissues in the joint or disc space.

Bone Marrow Aspirate

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Exosome Therapy

Exosomes are culture expanded cell secretions. They are used as a stand-alone therapy or in conjunction with platelet rich plasma injections or bone marrow stem cell injections.

If you're suffering with chronic neck pain, find out if you are a good candidate for Regenerative Cell Therapy. Schedule your free consultation with our specialists today!

Shoulder Pain



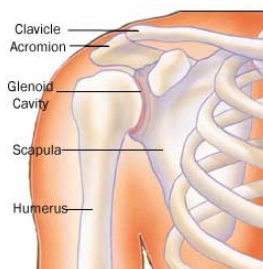
If you suffer with the Following Shoulder Conditions; learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

- Shoulder Injuries
- Rotator Cuff Tears
- Shoulder Degeneration and Arthritis Bursitis
- **Regenerative Medicine for Shoulder Injuries**

Sports activities that require repeating overhead movements like lifting weights, swimming, throwing or pitching, and swinging of the arms put a lot of strain on the shoulder. Even regular, everyday activities can damage the shoulder such as gardening, hanging curtains, or even scrubbing the floors or walls. Often, injury to the shoulder is difficult to heal,

and can easily become a recurring problem, even if the immediate pain has subsided. Once ligaments and tissues have been damaged, scar tissue and inflammation can continue to form and build. It is also common for the same injury to reappear, and flare up at later times.

Sports or other injury to the shoulder can now be treated with non-invasive, regenerative medicine procedures like Regenerative Cell Therapy. This is a revolutionary treatment option that has helped many patients avoid prescription medications, steroid injections, and even surgery.



Regenerative Medicine for Rotator Cuff Tears

Your shoulder is a ball-and-socket joint in which the ball of your upper arm bone fits into the socket of your shoulder blade. The rotator cuff is a network of four muscles that come together as tendons forming a covering around the head of the upper arm bone keeping the arm bone firmly attached to the socket of the shoulder blade (scapula).

The rotator tears usually develop gradually due to stress, overuse and natural wear and tear. People who repeatedly lift their arm overhead are more vulnerable to overuse tears. These include athletes such as tennis players, swimmers, weight lifters and basketball pitchers. A tear in the rotator cuff produces a lot of pain and also contributes to instability in the shoulder joint. If it is severe, there may be weakness or an inability to lift the arm.

Our regenerative stem cell therapy treatment has been fortified and enhanced with **cytokines** and additional natural **growth factors** to aid in the recovery of rotator cuff injuries. After injection, directly into the rotator cuff, these cells combine with the body's own natural immune cells and aid the body in *repairing* the tear.

Regenerative Medicine for Shoulder Degeneration

Degeneration of the shoulder joints is usually a progressive condition that evolves and worsens over time. Shoulder degeneration occurs when the cartilage that protects and surrounds the bones begins to wear down. Without this cushioning between the bones, movement causes friction within the joint. This friction causes pain, inflammation, swelling, and can lead to the development of bone spurs.

Regenerative Cell Therapy takes a high concentration of immune cells, and uses them to target specific areas with damaged tissues. Inflammation and aging slows down the natural production of these cells, and the development of scar tissue limits the range of motion needed for proper rehabilitation. Using concentrated levels of Regenerative Cell Therapy, these cells can quickly reduce pain, inflammation, and scar tissue. This supports the immune system in healing damage within the shoulder joint.

Regenerative Medicine for Shoulder Bursitis

The larger joints of the body contain small, fluid-filled sacs called bursae that provide cushioning between muscles, bones and tissues, allowing them to move smoothly without friction. Bursitis is the inflammation of one or more of these bursae, and often occurs within the shoulder joint, causing stiffness and making movement painful.

The best treatments for bursitis aim to reduce the inflammation that is causing the pain and stiffness. Regenerative Cell Therapy is a revolutionary treatment protocol that takes concentrated amounts of healing cells, and uses them directly in the area of inflammation and damage. This is a non-surgical procedure that can be done in-office, and quickly and naturally alleviates shoulder pain.

We Provide Multiple Regenerative Therapies

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To find out which one is right for you, talk to your doctor today!

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Exosome Therapy

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If you're suffering with any type of back pain, schedule your free consultation with our specialists today! ^[P]_[SEP]

Back Pain



If you suffer with the Following Back Conditions; learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

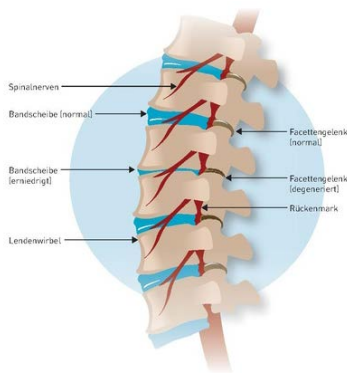
- Back Pain
- Facet Syndrome
- Degenerative Disc Disease
- Lumbar Arthritis
- Osteoarthritis

Regenerative Medicine for Back Pain

At **The Wellness Studio** we specialize in back pain treatment. We have pioneered the industry's latest proven alternatives to surgery and steroids. Our in-office, same-day

procedures will alleviate your back pain regardless of the cause. We treat a range of conditions including spondylolisthesis, spinal arthritis, intervertebral disc degeneration, spinal stenosis and herniated discs. Even those with little or no disc cartilage have benefited from our Regenerative Cell Treatment Program.

The Wellness Studio's revolutionary platelet rich plasma (PRP) and Regenerative Cell Therapy procedures treat all the damage *and underlying conditions* that cause you pain. Our doctors will inject these cells to the target area, and they then act as an immunologically privileged material to rebuild and strengthen the damaged tissue which causes back pain.



Regenerative Medicine for Facet Syndrome

Facet syndrome is a condition that affects the small joints between the vertebrae that make up the spine, and is one of the most common conditions causing lower back and neck pain. These joints are constantly moving, providing the stability and flexibility needed to walk, sit, turn, and bend. Each of these small joints of neck and spine contain soft tissues and cartilage that absorb shock during these movements are important to protect the bones from rubbing against each other and causing friction. This can cause inflammation and swelling of the joints, headaches, and make even slight movements painful.

Facet syndrome has historically been difficult to treat, but new developments in regenerative medicine offer new, advanced treatment options. Regenerative Cell Therapy is a natural alternative to the risks of medications, steroid injections, and surgery. By using these regenerative cells, our specialists can target specific areas of pain and inflammation to alleviate pain and trigger an immune response that helps heal damaged tissues. Our non-invasive procedures can be done in a same-day, in-office visit.

Regenerative Medicine for Degenerative Disc Disease

The spine is made up of several vertebrae, separated by soft tissue and cartilage that provides cushioning between the bones. The cartilage between each bone is called a disc, and each disc keeps the bones from rubbing against one another. Disc degeneration occurs when this cartilage wears down or becomes damaged.

If left untreated, disc degeneration can limit mobility, and lead to bone spurs and chronic pain. People suffering from back problems no longer have to settle for pain medications, steroid injections, or risky surgical procedures. Regenerative Cell Therapy is an advanced, non-surgical procedure that rebuilds degenerating discs and tissues. Our team of specialists is experienced in finding the right treatment options that can reduce inflammation and the development of scar tissue, and get you feeling better fast.

Regenerative Medicine for Lumbar Arthritis

Lumbar arthritis is chronic inflammation of the soft tissues within the joints of the lower back. Cartilage discs that sit between each vertebra provide support and stability for the constant movement in the back. When the supportive tissues are damaged from injury or begin to deteriorate, painful swelling and inflammation can occur from friction between the bones.

Arthritis can become an ongoing, chronic issue that not only causes pain, stiffness, and swelling, but can limit mobility and the ability to perform daily activities. The use of regenerative medicine techniques can eliminate the inflammation that causes symptoms of lumbar arthritis. Regenerative Cell Therapy is a procedure that uses healing cells to target pain areas, reduce inflammation, and even generate new growth of supportive soft tissues.

Regenerative Medicine for Osteoarthritis

Osteoarthritis is the degeneration of the protective cartilage that covers the ends of the bones in the joints. It is also known as degenerative arthritis or wear and tear arthritis. The protein that makes up the cartilage degenerates by forming tiny cracks or by flaking. This can eventually result into a total loss of cartilage. Once the cartilage is lost, the friction between the bones can stimulate spurs or bony growths to form around the joints.

Rather than going for the traditional treatments, you can visit **The Wellness Studio** for a non-invasive alternative. Our same-day procedure eliminates the pain, recovery time and risk associated with traditional treatments. Our procedure also *treats the underlying damage that causes the pain*. **The Wellness Studio's** treatment for osteoarthritis typically includes a combination of Regenerative Cell Therapy and our advanced form of platelet rich plasma (PRP) therapy which has been fortified and enhanced with additional natural growth factors and cytokines.

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Wrist Pain



If you suffer with the Following Hand / Wrist Conditions; learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

- **Carpal Tunnel Syndrome**
- **Wrist Arthritis**

[Regenerative Medicine for Carpal Tunnel Syndrome](#)

Applying too much pressure to the carpal tunnel causes the median nerve to become pinched resulting in many problems that are experienced in the wrist and hand including pain, tingling and difficulty functioning. The carpal tunnel is a pathway that runs from the elbow down to the hand. It is located on the inner aspect of your arm and houses a median nerve and many other tendons.

If you have carpal tunnel syndrome and you do not want to risk the side effects associated with steroid injections or you don't want to go for surgery, you can schedule a free consultation with one of our doctors. We offer a non-invasive alternative to steroid injections and surgery for carpal tunnel syndrome. We will treat all of the underlying issues that are causing you pain by utilizing Regenerative Cell Therapy to help heal the *cause* of your wrist pain.

[Regenerative Medicine for Wrist Arthritis](#)

Arthritis of the hands and wrists is inflammation of the various tissues within the joints. Each joint is made up of tendons, ligaments, cartilage, and other soft tissues that provide cushioning where the bones meet, keeping them from rubbing against each other. When there is damage or deterioration within the joints, arthritis is likely to develop. Usually, the condition progressively develops and worsens over time. Sudden, traumatic injury to the delicate soft tissues of the hand and wrist joints can also lead to the inflammation, stiffness, and pain of arthritis. Arthritis pain can easily become a chronic condition, and becomes increasingly more difficult to treat.

Despite the risks involved, many have tried prescription pain medications, steroid injections, and even surgery to relieve their pain. Now there are advanced, non-surgical techniques to reduce inflammation and arthritic pain. Regenerative Cell Therapy takes healing cells that contain a high concentration of immune cells,

healing and growth factors that help not only heal your inflamed joint but also helps to regenerative tissue. This is a same-day, in-office procedure that helps your body heal the arthritis in your hands and wrists naturally, without the need for surgery.

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Elbow Pain



If you suffer with the following Elbow Conditions; learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

Commonly treated elbow conditions at The Wellness Studio

The doctors and physical therapists at **The Wellness Studio** have extensive experience when it comes to treating conditions of the elbow. We have pioneered the industry's latest proven alternatives to surgery and steroids. Our in-office, same-day procedures will alleviate your elbow pain regardless of the cause. We treat a range of elbow conditions resulting from distal biceps tendon partial tear, osteoarthritis of the elbow, ulnar collateral ligament injury, etc. Our revolutionary regenerative medical procedures treat all the damages *and underlying conditions* that cause you pain. Our doctors use regenerative cellular therapy to help rebuild and strengthen the damaged tissue.

This list does not contain all the conditions we treat, so please contact us to find out if we can treat your condition.

- Medial epicondylitis (Golfer's elbow)
- Post-traumatic elbow arthritis
- Distal biceps tendon partial tear
- Ulnar collateral ligament injury
- Lateral epicondylitis (Tennis elbow)
- Osteoarthritis of the elbow
- **Lateral Epicondylitis (Tennis elbow)**



Many patients with tennis elbow run away from surgery and steroid injections. At **The Wellness Studio**, we offer an effective, non-invasive alternative to steroid injections and surgery. **Our procedures treat all the**

underlying damages that cause the elbow pain. We use regenerative cell therapy and our advanced form of PRP plus other regenerative procedures.

Medial epicondylitis (Golfer's Elbow)

At **The Wellness Studio**, we offer these alternative procedures to ensure that your treatment is painless. We utilize regenerative cells which prepare the ability for the body's immune cells to their work and repair damage tissues in the body. This innovative treatment method has already been proven effective in clinical studies.

Distal Biceps Tendon Tear

Distal biceps tendon tear typically occurs as a result of sudden injury and is not a result of other medical conditions. The tear can occur during heavy lifting without bending the elbows. In a situation where the elbow joints are forcefully straightened the distal tendon gets separated from the bicep.

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Hip Pain



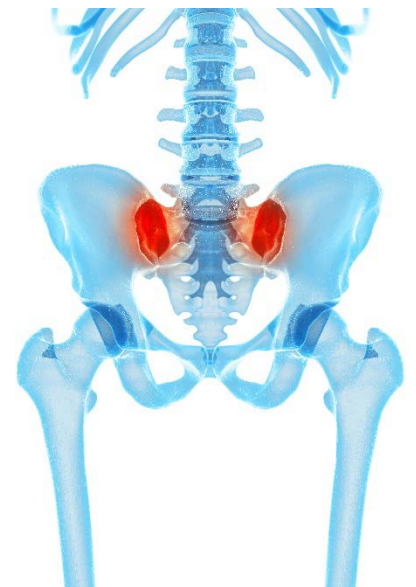
If you suffer with the Following Hip Conditions; learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

- Hip Pain
- Labrum Tear
- Hip Osteoarthritis
- Hip Degeneration
- Hip Bursitis

Regenerative Medicine for Hip Pain

Hip pain is a common problem that affects many people making it difficult to walk, stand and sit. Hip pain has many causes making essential to be evaluated properly to find the true cause. There are many conditions that can cause hip pain, including osteoarthritis, bursitis, tendonitis, and osteonecrosis.

The Wellness Studio's doctors have extensive experience when it comes to hip pain treatment. We have pioneered the industry's latest proven alternatives to surgery and steroids. Our in-office, same-day procedures will alleviate your hip pain regardless of the cause. Our revolutionary platelet rich plasma (PRP) and regenerative cell procedures treat all the damage and underlying conditions that cause you pain. Our surgeons use amniotic regenerative cell therapy to **rebuild and strengthen the damaged tissue of your hip**, eliminating your pain and improving your quality of life.



Regenerative Medicine for Labrum Tears

Labrum tear is caused in many different ways. Sports injuries are the main cause of labrum tears. The reason is, the outermost part of the labrum attaches directly to the tendon. So, the athletes who use a lot of force and motion such as weightlifters, golfers and baseball pitchers are at high risk of this type of injury.

Traumatic injury is the most common cause of a tear. Traumatic injury may result from a situation such as falling in a manner that puts strain on the hip or a direct blow or sudden pull. Furthermore, labrum tear can result from degradation of the cartilage from overuse, repetitive motion and a dislocated hip.

If you are suffering from labrum tear, you can visit us for a painless alternative to cortisone injections and/or surgery. After undergoing our procedure, it will take you a very short time to recover. **The Wellness Studio's** procedure for labrum tears includes regenerative cell therapy. This procedure reduces the risk associated with traditional surgery and treats the underlying damage causing the pain. These cells accelerate the healing process by making the conditions in the affected area more conducive to repair and stimulating the movement of regenerative cells towards the site of inflammation.

Regenerative Medicine for Hip Osteoarthritis

Osteoarthritis of the hip results from years of wear and tear. Cartilage provides a buffer in the joint between the bones to allow smooth, easy movement. Over time, this cartilage begins to break down and become brittle. Without enough cartilage to protect the bones from rubbing together and causing damage, this friction leads to swelling and painful inflammation. Ultimately, stiffness and soreness can limit mobility, and make moving the joint very painful.

Traditionally, hip pain has been difficult to treat, with pain medications, steroid injections, or even surgery being the best possible treatment options. Fortunately, recent developments in technology and medicine make it possible to treat osteoarthritis pain naturally. Regenerative Cell Therapy cells are powerful healing agents that, when used in concentrated doses, can quickly reduce inflammation and scar tissue, and enhance the natural healing processes of the body. Regenerative Cell Therapy is a non-invasive, in-office procedure that safely and effectively alleviates osteoarthritis pain.

Regenerative Medicine for Hip Degeneration

The hips are often the most used joint in the body, and over time take a lot of wear and tear. Hip degeneration is a condition that usually develops and worsens over a long period of time, and with the aging process. Some may not notice any symptoms in the first stages, and then may appear suddenly. When the cartilage protecting, and surrounding the hip bones begins to wear down, those bones can begin to rub together. This friction between the bones eventually causes severe pain, inflammation, and swelling. It may cause stiffness, limit the joint's range of motion, or even lead to the development of bone spurs.

Advanced developments in regenerative medicine now make it possible to effectively treat pain from hip degeneration without prescription medications or steroid injections. In many cases, it may even help some sufferers avoid high-risk surgeries. Procedures like Regenerative Cell Therapy take stem cells, and use them to heal specific areas of damaged tissue. When inflammation and aging slows down the natural production of these cells, providing the body with them in concentrated levels, quickly reduces pain, inflammation, and scar tissue. This process provides support for the immune system to help heal damage and degeneration within the hip joint.

Regenerative Medicine for Hip Bursitis

Inside the larger joints of the body are small, fluid-filled sacs called bursae that provide cushioning between muscles, bones and tissues, allowing them to move smoothly without friction. Bursitis is a condition involving the inflammation of one or more of these bursae. It can occur within the hip joints, causing mild to severe pain and stiffness, while making movement uncomfortable.

Treatment for bursitis should first reduce the inflammation that is causing the pain and stiffness in the hip joint. Regenerative Cell Therapy is one of our advanced treatment options that takes concentrated amounts of healing regenerative cells, and uses them to treat the specific area of inflammation and damage. Regenerative Cell Therapy is a revolutionary solution to heal degeneration of soft joint tissues, and a safe alternative to medications, steroid injections, and surgery. This is a non-surgical procedure that can be done in-office to quickly and naturally alleviate your hip pain.

We Provide Multiple Regenerative Therapies

At our clinic we offer a variety of stem cell therapies, our program is not “one-size-fits-all” and not all patients qualify. Below is an overview of various forms of stem cell therapy.

To find out which one is right for you, talk to your doctor today!

Since our regenerative stem cell therapy is *not derived from embryonic stem cells or fetal tissue*, there are no ethical issues with the treatment. The regenerative cell therapy consists of an injection directly into the painful area.

These therapies has the potential to *actually alter the course of the condition* and not simply mask the pain. This therapy has significant potential for those in pain, and could actually *repair structural problems* while treating pain and inflammation simultaneously.

Amniotic Regenerative Cell Therapy

Amniotic regenerative cell therapy is one of the newest and most cutting-edge therapies for chronic joint pain. Amniotic derived regenerative cell therapy offers patients 3 essential properties for healing and restoring joint health:

- **A high concentration of regenerative cells**
- **Hyaluronic Acid for joint lubrication and movement**
- **Anti-inflammatory cytokines and cellular growth factors essential for building new joint tissue**

Platelet Rich Plasma Therapy

Commonly known as PRP, this regenerative therapy has been around since the early 2000's. It is thought to promote your body's natural healing abilities by utilizing your own blood platelets to release growth factors.

Alpha 2 Macroglobulin

Alpha-2-Macroglobulin (A2M) is different from other treatments. It is a naturally occurring molecule found in your blood, which when administered in concentrated doses, acts as a powerful protector against cartilage breakdown. A2M attaches to and removes the destructive enzymes--proteases--which damage cartilage cells and tissues in the joint or disc space.

Bone Marrow Aspirate

Bone marrow aspirate (BMA) is derived from fluid extracted from your bone marrow. Your body consists of a framework of bones, cartilage, ligaments, and tendons working in unison, Injury or illness impacting your framework can impact your body's overall performance. Research has shown that a concentrated injection of stem cells from your bone marrow can reduce pain over time and accelerate the reparative process.

Exosome Therapy

Exosomes are culture expanded cell secretions. They are used as a stand-alone therapy or in conjunction with platelet rich plasma injections or bone marrow stem cell injections.

If you're suffering with any type of hip pain, find out if you are a good candidate for Regenerative Cell Therapy. Schedule your free consultation with our specialists today!

Knee Pain



If you suffer with the Following Knee Conditions; learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

- Meniscus Tear
- Knee Degeneration
- ACL or PCL Injury
- Chondromalacia

Regenerative Medicine for Meniscus Tear

When the meniscus cartilage ruptures due to traumatic injuries or due to age-related wear and tear, it is referred to as meniscus tear.

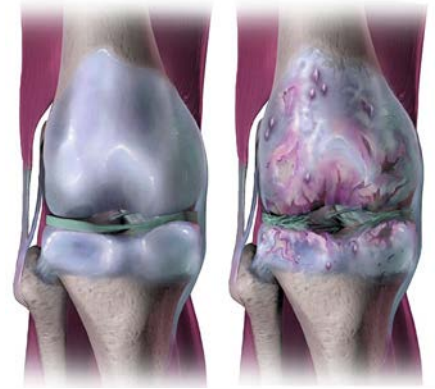
Meniscus tear is usually very painful and limiting. *The knee will not operate correctly with this type of injury.* The meniscus is located at the knee joint. It is a rubbery piece of cartilage that acts as the body's shock absorber and also acts as a pad to stabilize and protect the knee.

Meniscus tear are of three degrees: severe, moderate and minor. Severe meniscus is when bits of ruptured meniscus enter the knee joint and affects the function of the knee causing a lot of pain. But for minor and moderate meniscus tears, the pain usually disappears after conventional treatment or a few weeks of rest. Those suffering from meniscus tear are increasingly becoming aware of the implications of removing the meniscus through surgical operation, they also prefer not to risk the side effects that come with steroid injections.

The Wellness Studio's offers a non-invasive alternative to surgery and steroid injections for this problem. We also treat the *underlying issues* that cause the pain with our advanced form of Regenerative Cell Therapy. By using this regenerative approach, the medial collateral ligament can repair itself and regain its function of holding the knee bones in place, thus relieving pressure on other components such as the particular cartilage and meniscus.

Regenerative Medicine for Knee Degeneration

Degeneration of the joints can occur in any of the joints in the body, especially those that experience lots of wear and tear. The knees are used in so many daily motions, feeling pain with each movement is debilitating. Joint degeneration generally develops over time, but can suddenly worsen and become more severe and disabling. Cartilage or other soft tissues within the knee joint can begin to dehydrate, deteriorate, or become damaged from some type of injury. These tissues provide a protective cushion between the bones for smooth movement. Once these start to wear down, or degenerate, friction within the joint can lead to inflammation, swelling, bone spurs, and other painful symptoms. Recent developments in Regenerative Medicine make it possible to treat degenerative joint conditions naturally, without the need for medications, steroids, or surgery. Regenerative Cell Therapy uses these cells to target the damaged and deteriorating tissues. Concentrated amounts of these cells are injected into the affected area, and immediately reduce inflammation and reverse damage and deterioration of tissue.



Regenerative Medicine for ACL or PCL Injury

The posterior cruciate ligament (PCL) and anterior cruciate ligament (ACL) are both major ligaments providing strength and stability within the knee joint. Ligaments are thick bands of tissue that connect bones. Injuries to these connective tissues are painful, debilitating, and have historically been a challenge to treat and heal. In the past, these kinds of injuries could cause what was considered permanent damage to the knee joints. Traditionally, the most common treatment for torn ligaments in the knee is arthroscopic surgery and reconstruction. Developments in regenerative medicine make effective, natural treatment of PCL and ACL injuries within reach. Procedures like Regenerative Cell Therapy offer non-surgical treatment options for those suffering from knee injuries and damage to soft tissues in the joints. Using these cells in concentrated amounts to target the injured area, the body is able to reduce inflammation and heal itself naturally.

Regenerative Medicine for Chondromalacia

Also, known as “runner’s knee,” chondromalacia is inflammation of the underside of the kneecap, and deterioration of the cartilage that supports it. When this cartilage is damaged or wears down, it becomes difficult to bend and straighten out the leg. This condition is common among young athletes, but may also be present in older individuals with arthritis of the knee. Regenerative Cell Therapy and other regenerative medicine techniques offer natural treatment alternatives to pain medications, steroid injections, and surgery. Using these cells, our specialists are able to target specific areas of inflammation or injury and restore damaged tissues. These are cutting-edge techniques that have provided relief and healing to so many of our patients with knee pain.

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Ankle Pain



If you suffer with the Following Foot / Ankle Conditions; learn more about how Regenerative Cell Therapy can help restore your health and help you live Pain-Free!

- Foot Pain
 - Plantar Fasciitis
- [Regenerative Medicine for Foot / Ankle Pain](#)

The Wellness Studio's doctors have extensive experience when it comes to foot and ankle pain treatment. We have pioneered the industry's latest proven alternatives to surgery and steroids. **Our same-day procedures will alleviate your foot and ankle pain regardless of the cause.**

Our revolutionary platelet rich plasma (PRP) and regenerative cell procedures *treat all the damage and underlying conditions* that cause you pain. With just one visit to our specialists you can be on the road to living a pain free life. Our doctors utilize Regenerative Cell Therapy to rebuild and strengthen damaged tissue. We can start your healing process on the initial visit. Alleviate your foot and ankle pain today!

Regenerative Medicine for Plantar Fasciitis

The Plantar Fascia or arch tendon is located at the bottom of the foot. It is a broad connective tissue that runs across the bottom of the foot and spreads from the heel bone to the toes at the front of the foot. Its overuse is what causes plantar fasciitis. The common symptoms of planter fasciitis include pain upon walking; the pain decreases as the foot begins to get warm, and also stabbing heel pain which originate at the bottom of the heel. This condition is commonly identified as a heel spur although both are not entirely the same. This is because a heel spur arises at the point where the plantar fascia connects the heel bone (calcaneus) which develops as a bony growth.

At **The Wellness Studio**, we have introduced a new regenerative technique for the treatment of plantar fasciitis. We treat the stressed connective tissue with an injection regenerative cells. **Our procedure regenerates damaged tissue while reducing pain.** So, if you are not satisfied with the results that traditional orthopedic treatments have delivered for your plantar fasciitis, contact us to learn more about how regenerative cell therapy can help.

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