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# How to eliminate knee pain with your own stem cells

## Six common questions about how stem cells stop the pain



The use of regenerative medicine in orthopedics is a non-surgical treatment that activates your own adult stem cells to repair injured tissues, reduce inflammation and stop pain. Here are six things you should know about how stem cell therapy can eliminate knee pain.

1

### What causes of knee pain can be treated with stem cells?

- Arthritis
- Meniscal Tears
- Ligament Sprains
- Baker's Cysts
- Patellar Tendinitis/  
Tendinitis
- Osteochondral (Cartilage) Defects
- Patellofemoral Pain (Jumper's Knee)

2

### How do stem cells work?

Stem cells are the very basic cells that have not yet decided what final tissue they will become - such as a cartilage cell, bone cell, muscle cell, etc.

We all carry stem cells throughout our bodies that act as the body's "repairmen." There are several different kinds of stem cells. Mesenchymal stem cells (MSC) are the type that we use in orthopedic treatments. MSCs have the strongest potential to repair muscle, bone, joint and soft tissue injuries. These cells have the ability to self-replicate, reduce inflammation and differentiate into cartilage, bone muscle and fat cells to help the body regenerate the lost tissue in the injured area.