

<https://www.youtube.com/watch?v=RYP7LmD8Fyk>

Stem Cell Ankle Treatment

A Safe And Non-Surgical Solution For Ankle Pain

Stem Cell Therapy: The Future Of Ankle Treatment

Using Stem Cell Therapy, It is possible to treat severe ankle pain bypassing any need for surgery and significantly reducing one's pain. Stem cells are already everywhere in the body and used to create healthy tissue for the body. When someone is injured, many times, there is a lack of stem cells in that area to create the much needed new healthy tissue. Stem Cell Therapy adds a boost of stem cells to the knee so that it now has enough of the tools it needs to repair itself.

Why Is This Important?

If you are not considering surgery, Stem Cell Therapy is a way for you to drastically reduce your pain, especially if traditional treatments including cortisone injections, physical therapy etc have not alleviated your discomfort. If you are considering surgery, non-surgically treating ankle pain first can help you avoid that surgery and vastly reduces cost, recovery time, and potential risk.

You May Not Need Surgery On Your Ankle

There are huge potential risks when it comes to surgery and Stem Cell Therapy has none of these risks.

	Stem Cell Therapy	Ankle Surgery
<i>Blood Clots</i>	No	Possible
<i>Dislocations</i>	No	Possible
<i>Foreign Prosthetic</i>	No	Yes
<i>Fractures</i>	No	Possible
<i>Hospital Stay</i>	No	3-10 days
<i>Infection</i>	No	Possible
<i>Joint Stiffening</i>	Minimal Discomfort	Possible
<i>Leg Length Change</i>	No	Possible
<i>Ligament Damage</i>	No	Possible
<i>Lost Time at Work</i>	3-7 days as needed	3 months- 1year
<i>Nerve Damage</i>	No	Possible
<i>Prosthetic Breakdown</i>	No	Yes
<i>Recovery</i>	Patients are back to regular activities within 2 weeks	Long process with a 3 month period of no walking unassisted
<i>Re-Surgery</i>	No	Possible – Very Likely



Stem Cell Therapy In The Ankle Works For:

- Osteoarthritis
- Traumatic Arthritis
- Rheumatoid Arthritis
- Chronic or Acute Ankle Sprains
- Achilles Tendonitis and Tears
- Posterior Tibial Tendonitis and Tears
- Tendonitis and Tears

What Are Stem Cells And How Do They Help?

Stem Cell Therapy uses adult non-controversial stem cells, which are derived from a person's own fat or bone marrow cells. These stem cells are then injected into the wounded area and act as a "repairman" restoring damaged tissue and creating healthy tissue. With new healthy cells, one will experience much less pain and the ankle is given a gigantic boost to continue healing itself. It now has enough of the tools to heal on its own and this means less pain and greater mobility.

This procedure is non-surgical, non-invasive, and organic and has very little risk. There are no hospital visits or overnight stays. There is also no additional rehabilitation needed from the procedure itself. Initial improvement is often seen right away with a major decrease in pain and as the stem cells align with the body's natural healing process, recovery continues gradually over a period of weeks and months.

What Happens During The Procedure?

The procedure is simple and straightforward. There are no hospital visits or overnight stays. You are able to walk out of the office right after the treatment is finished. Firstly, you'll book an initial consultation with Dr. Weinstock, where she will examine your ankle, go over your previous history, and study any previous tests done by other

doctors. Depending on your condition, may need to order additional blood tests, x-rays or MRI's. (Phone or On line consultations are also available- of course with no physical exam) Once all your information is collected and reviewed, a plan is set. You will than make an appointment for your actual Stem Cell Therapy session.

During your Stem Cell Therapy, Dr. Weinstock's associate Dr. Bieber will then take a sample of fat and or bone marrow tissue that contains many stem cells using special injection techniques. Next, the stem cells will be separated from the fat tissue and or bone marrow tissue and Dr. Weinstock will than inject, utilizing ultrasound guidance, into the damaged ankle. They then begin to repair the damage inside your ankle. It is a simple, non-invasive procedure and once finished, there is a high success rate that your ankle problem will be greatly improved and likely cured

This procedure takes about 4 hours to complete. You may see initial improvement within a couple of days and then gradual improvement as the stem cells continue to grow healthy tissue and replace old, damaged tissue. The initial Stem Cell Therapy treatment is followed up in 6 weeks "Booster Injection" with platelet rich plasma with protein concentrate injection. This gives an "extra boost" to the stem cells- making them work even better! This procedure is more minor taken less than 2 hours to complete.

Call or email us today at NYStemCellMD@gmail.com and a Team member will get back to you promptly!! We would love to hear your story and help you resolve your ankle condition!!

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