# **Stem Cell Foot Treatment**

## A Safe And Non-Surgical Solution For Foot Pain

#### Stem Cell Therapy: The Future Of Foot Treatment

Using Stem Cell Therapy, It is possible to treat severe foot 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 foot pain first can help you avoid that surgery and vastly reduces cost, recovery time, and potential risk.

# You May Not Need Surgery On Your Foot

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

# Stem Cell Therapy

Foot Surgery

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



### Stem Cell Therapy In The Foot Works For:

- Osteoarthritis
- Traumatic Arthritis
- Rheumatoid Arthritis
- Bunion Pain
- Plantar Fasciitis and Tears
- Heel Spurs
- Fractures
- Achilles Tendonitis and Tears
- Posterior Tibial Tendonitis and Tears
- Neuromas- Entrapped Nerves
- Tendonitis and Tears

### What Are Stem Cells And How Do They Help?

<u>Stem Cell Therapy</u> 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 foot 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 foot, 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 foot. They then begin to repair the damage inside your foot. It is a simple, non-invasive procedure and once finished, there is a high success rate that your foot 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 <u>NYStemCellMD@gmail.com</u> and a Team member will get back to you promptly!! We would love to hear your story and help you resolve your foot condition!!

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