

## **Instructions for Patients Undergoing Stem Cell Therapy**

- No NSAIDs (advil, alleve, aspirin) one week before injection and for four weeks after the injection
- Icing three times a day for 3 days
- Stairs and walking only in moderation for first 4 weeks
- No heavy impact activities for first 4 weeks (jumping, running)
- Stationary bike without resistance allowed after 1st 72 hours
- Increase pain and inflammation is not abnormal for the first 2 weeks
- Physical therapy may be useful after the first 6 weeks for muscle strengthening
- Immediate flexion as tolerated is allowed
- Kneeling to be avoided for the first 4 weeks
- If some improvement occurs early on, PRP (platelet rich plasma injection) can be considered between weeks 4-8 as a booster or to potentiate the effects of the stem cell injection
- Improvement in some patients is seen in 2 months, for others the regenerative process can take a full year for results
- f/u at 2 months and 12 months after injection
- f/u imaging such as MRI or X-rays can be taken at one year

## **Reimbursement & Insurance Information**

### **Will my insurance cover this procedure?**

While stem cells have been used for decades to treat a variety of diseases, their application in orthopedic procedures is relatively new. Because of this, insurance companies may deny coverage. If your insurance will not cover the treatment, we are happy to offer alternative payment options.

### **What is the cost of this treatment?**

The cost of a stem cell treatment varies based on the procedure.

### **Who do i contact to set up a payment plan?**

Our office is happy to assist in setting up a payment plan. Please contact us at 212.348.3636.

### **MEET DR. YOUM**

Dr. Thomas Youm is a Board-Certified Orthopaedic Surgeon who specializes in the treatment of athletic injuries of the shoulder, knee, and hip.

A native of Long Island, New York, Dr. Youm graduated cum laude from Yale University. He attended New York University Medical School where he was elected to the AOA honors society. He completed his orthopaedic residency at NYU Hospital for Joint Diseases. While in residency, Dr. Youm completed specialized training in orthopaedic trauma surgery at Seattle's Harborview Hospital.

After residency, Dr. Youm went on to complete a Sports Medicine Fellowship at the prestigious Kerlan-Jobe Orthopaedic Clinic in Los Angeles, California. During his fellowship, he participated in the orthopaedic care of the Los Angeles Lakers, Dodgers, Avengers, Sparks, Galaxy, and USC Football teams.

A letter from dr. thomas youm

Dear Patient,

As your healthcare provider, it is my medical obligation to provide you with all the current treatment options available. Over the past decade, the medical field has benefited from stem cell research. These scientific findings have given way to the new, exciting field of Regenerative Medicine. This field focuses on the use of stem cells to aid in the repair of damaged tissue, such as bone, tendons and ligaments.

I believe the use of your own (autologous) stem cells is a safe and effective treatment option. Stem cells offer not only an effective treatment for damaged tissue, but also can be used to prevent further tissue degeneration.

This brochure includes valuable information about stem cells. Please take the time to learn more about stem cells and the potential impact they offer your health.

Sincerely,  
Thomas Youm, M.D., F.A.C.S.

Regenerative Medicine

Scientists and doctors have made tremendous advances to make tissue regeneration a reality in treating many diseases. Through regenerative medicine a person can take advantage of their body's ability to heal itself by using the healthy stem cells that can be found throughout the body. Laboratory and clinical research has shown that it is possible to use stem cells to restore lost, damaged or aging cells and effectively regenerate tissue in the body. Regenerative therapies are showing promise in orthopedic and spinal surgery.

### **What are stem cells?**

Stem cells were discovered over 40 years ago when researchers found that cells derived from bone marrow had the ability to form various tissues. Stem cells are early stage cells

and under the right conditions, are capable of developing into other types of cells with the potential to regenerate damaged tissue.

## FREQUENTLY ASKED QUESTIONS

### Where do adult stem cells come from?

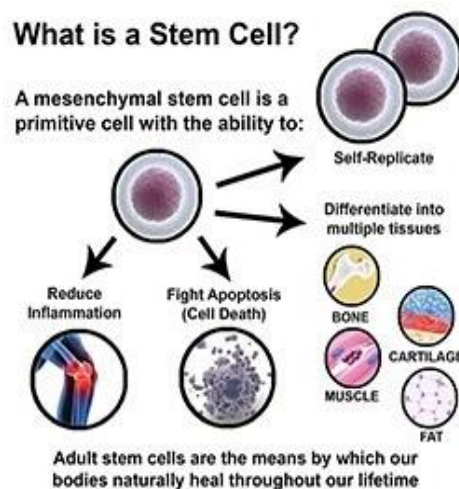
In adults, stem cells are present within variety of tissues and organs, the most common sources being bone marrow and fat (or adipose) tissue.

### How are stem cells obtained and prepared?

One of the richest sources of stem cells is bone marrow, and the hip (pelvis) is one of the best and most convenient locations for obtaining bone marrow. In the harvesting procedure the doctor, typically removes (or aspirates) from the pelvis. A trained nurse or technician then uses specifically designed equipment to concentrate the stem cells in the bone marrow and provides the cells back to the surgeon for implantation at the site of injury.

### Will my body reject the stem cells?

No, since they are cells collected from your own tissue, there is little threat of rejection.



Autologous stem cells (ASCs)

are being used to treat many types of chronic pain and degeneration. Currently doctors are treating shoulder, knee, hip, and spine degeneration, in addition to soft tissue (muscle, tendon, ligament) and other bone related injuries.