



Patient Case Study – Mary Davis

Finding relief from chronic pain with new regenerative medicine therapies

Non-surgical treatment helps patient get relief from shoulder pain

Mary Davis had been dealing with pain in both of her shoulders for more than a decade. Though she had surgery on her right shoulder for a rotator cuff tear, a few years later, she began to experience significant pain and limited range of motion once again.

“MRI scans of both shoulders showed extensive tearing, retractions and damage,” Mary said. “My only surgical option would be total shoulder replacements.” Wanting to avoid surgery, Mary’s physician, Reuben Gobezie, MD, recommended regenerative medicine, a non-surgical, outpatient therapy.

“Regenerative medicine in orthopedics is a trail-blazing treatment that replaces injured tissues with new, functioning tissues – regenerated from an individual’s own adult stem cells,” said Dr. Gobezie, a renowned Orthopedic Surgeon and founder of Regen Orthopedics.

The treatment stimulates previously damaged tissue to regain structure and recover. As her body responded to the stem cells and healed, Mary’s pain subsided and her range of motion increased.

“A few weeks from having the procedure, I noticed that holding my wiggly four-month-old granddaughter did not stress my shoulders,” Mary said. “I no longer have pain picking up a gallon of milk or laundry soap. I could not be more pleased.”

HOW DOES IT WORK?

This biologic therapy activates the body’s natural healing process through injections of the body’s own healthy stem cells in order to stimulate tissue regeneration and natural healing in injured areas. Healthy regenerative cells are present within fat tissues, bone marrow and adipose connective tissue. Since the cells are collected from a patient’s own tissue, they do not pose a threat for rejection when transplanted to the injured site.

Regenerative therapies are particularly useful for patients who no longer find relief from traditional treatments like cortisone injections. Using ultrasound guidance for precise placement, a physician injects the cells into the injured tendon, ligament, nerve, muscle, bone or joint. All of this is done in one outpatient visit.

“I had the stem cell procedure right there in the doctor’s office, and everyone was great to make me as comfortable as possible,” Mary said. “I first began to notice improvement with both the chronic pain and limited range of motion about two weeks post procedure, and things have continued to significantly improve.”



“More and more patients are looking for ways to avoid ongoing steroid treatments or surgery and regenerative medicine can be an excellent alternative,” explains Trevor Bullock, DO, Regen Orthopedics.

For more information about regenerative medicine and therapies available in Northeast Ohio, visit www.regenorthopedics.com.

Regenerative medicine therapies assist patients with a number of painful conditions, including (but not limited to):

- Osteoarthritis
- Meniscus Tears
- Rotator Cuff Injuries
- Muscle Strains
- Tennis Elbow
- Achilles Tendinitis
- Other Forms of Tendinitis or Tendinosis
- Ligament Sprains
- Plantar Fasciitis
- Compression Nerve Injuries
- Nonunion Fractures