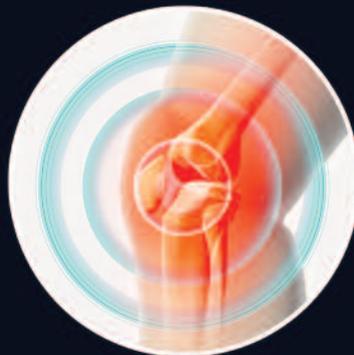




# A PATIENT GUIDE TO **KNEE** **PAIN RELIEF**

*How To Eliminate Knee Pain...  
Even If Everything Else You Have Tried Has Failed*



## Disclaimer

This information, and any accompanying printed, audio, or video materials you download or receive from us by some other delivery system, is not intended to replace the attention or advice of a physician or other healthcare professional.

Anyone who wishes to embark on any dietary, drug, exercise, or other lifestyle change intended to prevent or treat a specific disease or condition should first consult with and seek clearance from a qualified health care professional.

The information published in this guide is only as current as the day the guide was sent to the printer. This protocol raises many issues that are subject to change as new data emerge. None of our suggested treatment regimens can guarantee a cure for these diseases.

# A Patient Guide To Knee Pain Relief

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Thank you for requesting this free report. We know just how difficult managing your pain can be. By requesting this report, you have taken the first step toward finding lasting pain relief. We hope you find this information to be both informative and helpful.

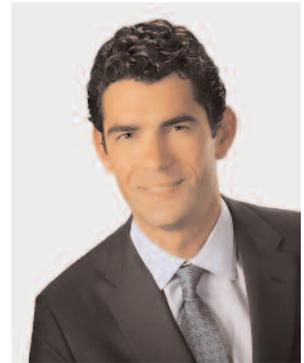
If you are reading this report, then you are one of the 40 million Americans suffering from some form of knee pain. Disorders of the knee can cause chronic pain that grossly interferes with your daily activities and your quality of life.

Whether your pain has kept you from work, playing with your children or grandchildren, or simply being able to enjoy your normal activities, by requesting this free report, you have taken the first step toward finding lasting relief from your pain.

The most prevalent condition affecting the knee is osteoarthritis , which accounts for nearly 25% of all visits to primary care providers and half of all anti-inflammatory drug prescriptions written in the United States today. Yet, despite all this focus on osteoarthritis, there are still only limited options for care, none of which have shown much promise.

That is until now.

In this report, we will discuss the typical non-surgical and surgical options for treating osteoarthritis along with three leading edge, non-surgical alternatives that have helped hundreds of thousands of individuals worldwide find lasting relief from their osteoarthritis knee pain.



**Jason Lewis, MD**  
Co-Founder, PRIMed



**Kyle Young, MD**  
Co-Founder, PRIMed

## Non-Surgical Treatment of Knee Pain

### Oral Medications

Non-steroidal anti-inflammatory drugs (NSAIDs) are available by prescription and over-the-counter. These medications have been an important treatment for the symptoms of osteoarthritis.

NSAIDs work to block certain inflammation and pain producing enzymes in the body. Some of the well-recognized side effects of traditional NSAIDs such as Ibuprofen (Motrin) and Naprosyn (Aleve) include stomach ulcers, kidney problems, and poor blood clotting. Celebrex is a newer type of NSAID that has fewer reported side effects.



### Steroid Injections

A common treatment for osteoarthritis of the knee is an injection of cortisone. Cortisone is a powerful steroid used to reduce the irritation and inflammation caused by the wear and tear of osteoarthritis.

Clinical evidence suggests that the benefit of cortisone injections is short lived, usually lasting only one to four weeks. Some of the reported side effects of cortisone injections include the potential for nerve damage and osteoporosis. Because of the negative side effects associated with cortisone, most physicians use it sparingly and avoid multiple injections unless the joint is already in the end stages of degeneration, where the next step is an artificial knee replacement.



## Viscosupplementation

Viscosupplementation therapy is a procedure involving the injection of an FDA approved gel-like substance (hyaluronate) into the knee joint to supplement the lubrication properties of the joint. Hyaluronate is a naturally occurring substance found in the synovial fluid of our joints that is extracted from rooster combs. This procedure has been shown to be 86% successful in alleviating pain associated with osteoarthritis.

Although the procedure is effective in reducing pain, due to its lubricating and cushioning properties, it does not treat the underlying cause of the cartilage breakdown..



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## Physical Therapy

Of the various treatment options for knee pain, one of the most common is physical therapy. Doctors prefer to prescribe physical therapy for their patients suffering with knee pain because it is non-invasive and does not require the use of drugs or surgery.

More than just common exercise, physical therapy consists of specialized exercises administered and monitored by trained professionals. Physical therapy for knee pain focuses on returning normal strength and function to the knee by rehabilitating the tissues surrounding the joint (muscles, ligaments, tendons).

One of the reasons why physical therapy has not been widely effective in the treatment of knee pain by itself, **and why it may** not have worked for you, is because it treats only one aspect of your condition – muscles, ligament, tendons – and not the actual physical structure of the joint itself.



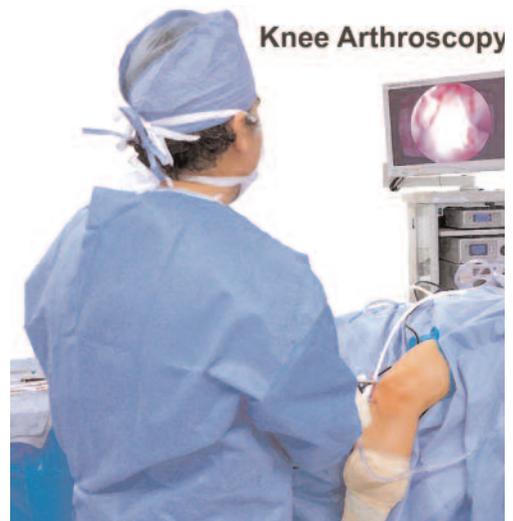
## Surgical Treatment of Knee Pain

Knee surgery may be recommended if your pain is very severe or you have mobility problems. Over a million knee surgeries are performed each year for osteoarthritis. Surgery can be very good for easing pain when other treatments haven't given enough relief. Options for surgery include arthroscopic surgery and joint replacement surgery.

### Arthroscopic Surgery

Surgeons can use an arthroscope to visualize the changes in the condition of the articular cartilage of the knee. They can also clean the joint by removing loose fragments of cartilage. People have reported relief when doctors simply flush the joint with saline solution.

A burring tool may be used to roughen spots on the cartilage that are badly worn. This promotes growth of new cartilage called fibrocartilage, which is like scar tissue. This procedure is often helpful for temporary relief of symptoms for up to two years.



### Total Joint Replacement

Over the last 25 years, major advancements in artificial knee replacement have improved the outcome of the surgery greatly. Artificial knee replacement surgery is becoming increasingly common. According to numbers supplied by the National Hospital Discharge Survey, over a million total joint replacement surgeries were performed in 2015, which represents an increase of 238,000 since 2009.



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The main reason for replacing any arthritic joint with an artificial joint is to stop the bones from rubbing against each other. This rubbing causes pain. Replacing the painful and arthritic joint with an artificial joint gives the joint a new surface, which moves smoothly and without causing pain. The goal is to help people return to many of their activities with less pain and with greater freedom of movement.

Although great advances have been made in extending how long an artificial joint will last, most will eventually loosen and require a revision. Hopefully, you can expect 12 to 15 years of service from an artificial knee.

As with all major surgical procedures, complications can occur. Some of the most common complications following any knee surgery include complications from anesthesia, blood clots, infection, stiffness, and loosening of the prosthesis.

## Regenerative Medicine Options

### What Is Regenerative Medicine?

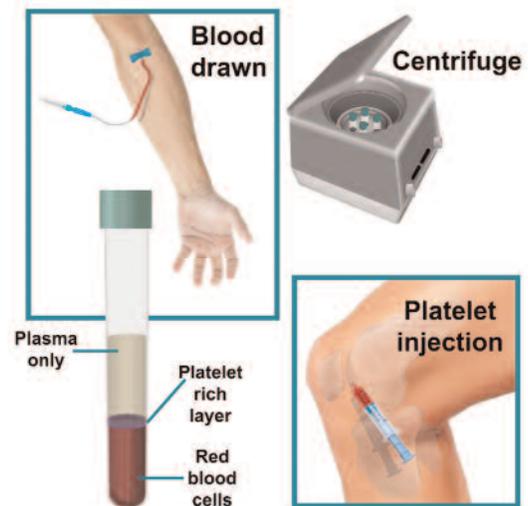
Regenerative medicine is a game-changing area of medicine that offers solutions and hope for people who have conditions that today are beyond repair.

Through regenerative medicine, a person can take advantage of their body's natural ability to heal itself. Laboratory and clinical research has shown that it is possible to restore lost, damaged or aging cells and effectively regenerate tissue in the body.

And for chronic knee pain sufferers, the regenerative medicine options offered today are literally game changers. Let's take a closer look at each.

### PRP

Platelet-rich plasma (PRP) (also known as blood injection therapy) is a medical treatment being used for a wide range of musculoskeletal problems, including osteoarthritis of the knee. Platelet-rich plasma refers to a sample of blood plasma that has as much as four times more than the normal amount of platelets and could be as high as 50 times more, depending on the sophistication of the extraction procedure. This treatment enhances the body's natural ability to heal itself and is used to improve healing and shorten recovery time from acute and chronic conditions.



The main purpose of PRP injection is to foster healing where it has not otherwise occurred or enhance tissue regeneration and healing. For example, studies show that after using PRP for treatment of cartilage damage in the knee, new cartilage cells begin to form.

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Growth factors that help build new blood supply to the area are also increased in number. This healing response may help restore strength faster than normal but more research is needed to prove this.

## Alpha-2 Macroglobulin (A2M)

Recent medical research has identified the destructive enzymes responsible for the cartilage breakdown associated with osteoarthritis. More importantly, this same research has identified a natural solution for removing these destructive enzymes, Alpha 2 Macroglobulin or A2M.

A2M is a naturally occurring molecule that is found in your blood and functions to remove the destructive enzymes associated with cartilage cell and tissue breakdown within the knee joint.

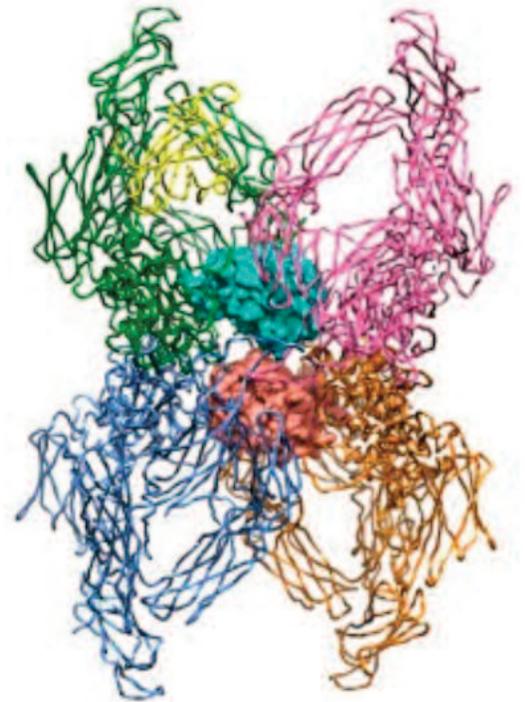
A2M captures these enzymes like a little pac men. Once captured, the A2M and captured enzymes are eliminated from the joint through your body's natural processes.

Although the A2M molecule is the body's own defense mechanism against these enzymes, research has found that for a majority of patients with pain, the quantity of A2M found naturally in their joint space is not always enough to remove the destructive enzymes causing cartilage breakdown.

For this reason, our doctors utilize a patented and proprietary filtration process that was developed to concentrate the naturally occurring A2M molecule in your blood up to 6 times.

This process allows therapeutic injections in concentrated dosages that will...

- Boost natural healing by reducing the additional deterioration of cartilage and...
- Support tissue growth with naturally occurring compounds from your own blood



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While not all joints will respond to A2M therapy, there is a test to identify joints that will likely respond favorably to an A2M injection. The test is called FACT, which stands for fibronectin-aggrecan complex test.

The test identifies significant levels of a very specific protein biomarker that is highly diagnostic for osteoarthritis. Once this biomarker has been identified, the chances of A2M therapy being effective increases to 85% or more.

According to Dr. Guy Scuderi, A2M treatment is used to relieve pain, hinder or prevent the collapse and loss of joint height, as well as promote tissue growth and support overall joint restoration.

## Amniotic Fluid Therapy

For centuries, people have realized the beneficial qualities of human amniotic fluid. They continue to use it in medical treatments today due to the rich mixture of growth factors and other naturally occurring nutrients, which encourage cellular and soft tissue regeneration and reconstruction.

100% pure amniotic fluid is obtained from an elective, full term cesarean section delivery. All donors provide consent and are screened according to the guidelines established by the FDA and the American Association of Tissue Banks.



The anti-inflammatory qualities of pure amniotic fluid can also assist in reducing pain and swelling at the site of injury by stimulating natural cellular repair and regeneration.

Compared to PRP, steroid injections, and viscosupplementation with hyaluronic acid, amniotic fluid therapy is anti-microbial, making them safe to use with a low risk of infection or rejection. In fact the only reported risk of amniotic fluid therapy is a patient seeing no improvement in pain or discomfort.

## Stem Cell Therapy

Over the past few years, studies from some of the world's leading research institutions have shown the effectiveness of using stem cell injections for the treatment of knee osteoarthritis.

In the laboratory and in clinical observation, doctors are showing it is possible through regenerative medicine to repair even severely damaged knees and avoid joint replacement surgery.



The majority of complications in osteoarthritis patients are related to the deterioration of cartilage that cushions the ends of bones in your joints. Cartilage is a firm, slippery tissue that permits nearly frictionless joint motion. In osteoarthritis, this surface becomes rough. Eventually, if the cartilage wears down completely, patients will be left with bone rubbing on bone.

Stem cell treatment is designed to target these areas within the joints to help with the creation of new cartilage cells. Stem cells, harvested from the bone marrow of your pelvic bone, have the ability to rapidly produce new cells. The goal of each stem cell treatment is to inject the stem cells into the joint to accelerate healing and the potential regeneration of new cartilage.

## Myths and Facts

Advances in regenerative medicine research have created a great deal of excitement among both physicians and the public regarding the enormous potential of disease management, including its impact on acute and chronic conditions.

Because of the potential benefits regenerative medicine has to offer, you need to be wary of the applications and exaggerated claims made by those looking to capitalize on the hype.

To help you wade through some of the fact vs. fiction, here are 5 things you need to know when considering any type of regenerative medicine treatment:

### **1. Know the effects of local anesthetics.**

It is a well-accepted fact that medications, such as Marcaine and lidocaine, used to numb the skin and make the procedure less uncomfortable, will kill viable stem cells and can have a toxic effect on the cartilage. A diluted dose of ropivacaine is the only anesthetic to have a minimal effect on reparative cells.

### **2. Insist on treatment using guided imaging.**

Blind injections in the office without the use of guided imaging such as fluoroscopy or ultrasound can have as high as a 30% miss rate. If the office doesn't offer imaging guided injection, our recommendation is to look elsewhere.

### **3. Ask who will be performing the procedure.**

Although many healthcare facilities offering regenerative medicine services promote having a medical doctor on staff, the person actually administering the procedure is often times a nurse or physician assistant. Choose facilities that have trained medical doctors performing the procedures.

### **4. Avoid the use of steroid injections.**

Recent studies clearly show that when exposed to steroids, local reparative cells, including stem cells, are essentially poisoned making them ineffective in the body's self-healing processes. Make sure you're aware of any additional medications being used in conjunction with your regenerative procedure.

## 5. Beware of faux stem cell procedures.

Treatment provided to patients at chiropractic and some medical offices are advocating the use of amniotic and cord blood products – often referred to as stem cell recruitment therapy – all of which have been shown NOT to have live cells associated with them when tested by the International Orthopedic Foundation.

**The bottom line:** There is a great deal of misleading and downright fraudulent claims being made by unscrupulous facilities looking to capitalize on the hype surrounding this rapidly advancing fields.

Our recommendation is to do your homework, ask the right questions, and choose a facility owned and operated by reputable medical doctors with training in the field.

## Which Treatment Option Is Right For You?

To answer this question and to help you make a more informed and intelligent decision about which treatment option would be the most appropriate for your particular situation, we would like to invite you to schedule a comprehensive examination and consultation with one of our regenerative medicine specialists.

This comprehensive exam will include:

- A detailed medical history to determine if you are a candidate for treatment.
- A review of any recent imaging you may have had. And if you haven't had any recent imaging, we can arrange for you to get a series of x-rays.
- A physical examination to determine your range of motion, strength, flexibility, balance, the presence of any joint swelling, and your functional capabilities.
- The FAC test to determine if you have a high presence of cartilage destroying enzymes within your joint.

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Once all the findings from your exam are compiled, we will go over, in great detail, your results and present you with our recommendations.

All testing and consultations, with the exception of the FAC test, are covered by most insurance plans, including Medicare, but we'd like to present you with...

## A Special Offer

Because we want to make sure you have a complete picture of your joint health, as a special bonus for anyone reading this patient guide, we will be making the FAC test (a \$497 value) available to you at no additional charge.

To reserve your personal no obligation consultation, simply call our office at

**(502) 855-7203**

