

## Frequently Asked Questions

*Q. Where do adult regenerative cells come from?*

A. Regenerative cells are present within various tissues and organs.

*Q. How are regenerative cells obtained and prepared?*

A. One of the richest sources of regenerative cells is bone marrow, and the hip (pelvis) is one of the best and easiest locations for obtaining bone marrow.

*Q. Will my body reject the regenerative cells?*

A. Since they are collected from your own tissue, they do not represent an immunogenic threat. In addition, the possibility of disease transmission from the use of donor material is avoided.

*Q. Will my insurance cover these procedures?*

A. While these procedures have been used for decades, their application in orthopedic procedures is relatively new in the U.S. As a result, many insurance companies do not currently cover these procedures, and full payment is due in advance by the patient. Costs will vary.

*Q. What is the cost of regenerative medicine?*

A. Costs vary based on the procedure.

*Q. How long does PRP therapy take?*

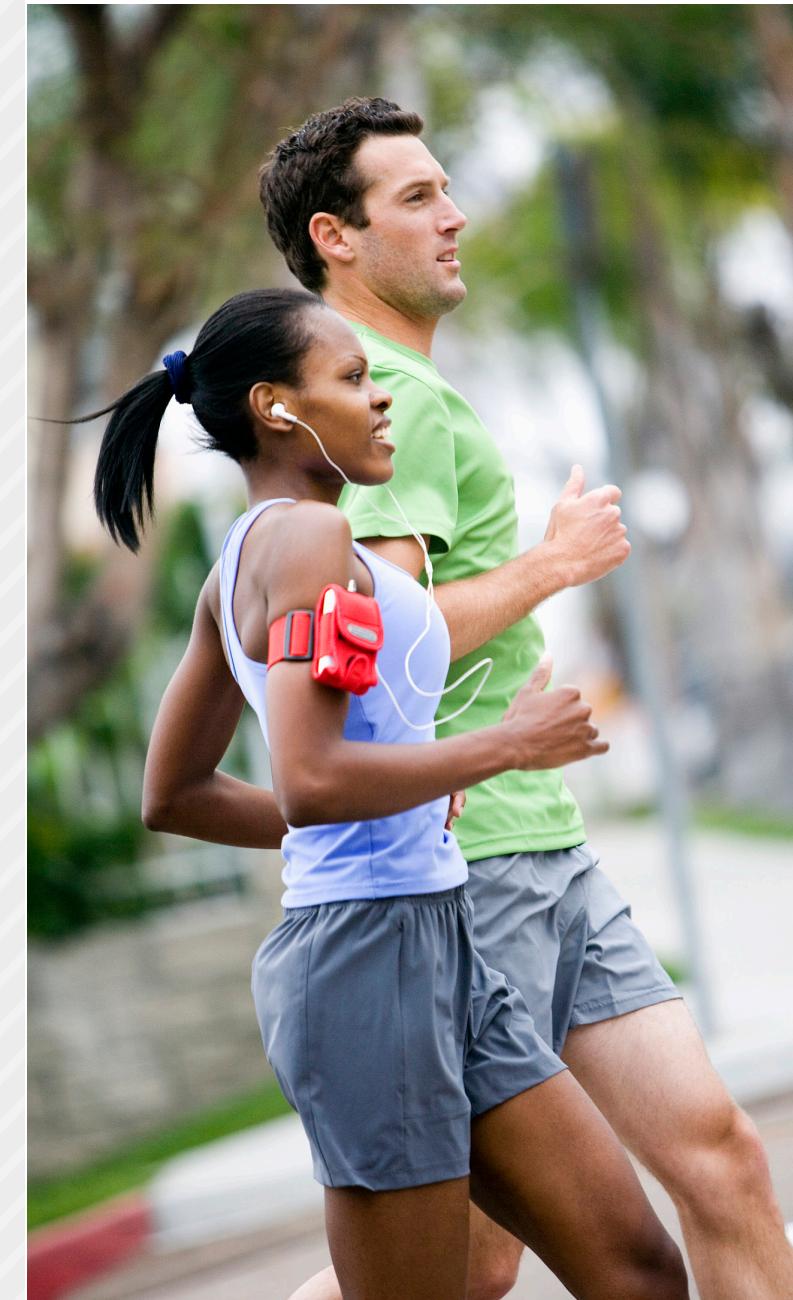
A. Our physicians perform PRP therapy on an outpatient basis, and it typically takes less than one hour to complete.

*Q. What's the recovery time of PRP therapy?*

A. Patients may experience soreness between 2-5 days after treatment, and use of anti-inflammatory medications is not advised during the course of treatment.

## Regenerative Medicine

**FLORIDA  
ORTHOPAEDIC  
INSTITUTE®**  
Keeping you active.



**FloridaOrtho.com (800) FL-ORTHO**

# Welcome

Our patients are the focus of all we do at Florida Orthopaedic Institute and our goal is to keep you active. We achieve this by providing you with the best orthopedic solutions for virtually every bone, joint, ligament and muscle in the body.

We are different from other orthopedic groups because our team of highly skilled, board certified physicians and surgeons has advanced training, which allows the highest standard of care. Our surgeons are also fellowship trained, which requires an additional year of study in the orthopedic subspecialties of hand, spine, joint replacement, shoulder and elbow, sports medicine, foot and ankle, and trauma. This expertise is invaluable for proper diagnosis and treatment, providing a level of care unattainable elsewhere in the Tampa Bay Area.

Our philosophy is to first try all appropriate nonsurgical methods to increase mobility and function. This may include medication, bracing, injections, physical and/or occupational therapy, or chiropractic services, all of which we provide. Then, and only then, do we suggest surgery.

We are also proud of our strong partnership with USF Health Morsani College of Medicine. In addition to my role as President and Chief Medical Officer of Florida Orthopaedic Institute, I also chair USF's Department of Orthopedic Surgery. Together, we can capitalize on our combined strengths and advance academic orthopedics. This combination assures our patients the finest orthopedic treatment and brings a substantial benefit to our community, patients, residents, students and faculty.

As one of Florida's largest orthopedic groups, our mission is simple: to provide excellence in clinical outcomes and an exceptional patient experience, while in an environment that fosters growth through teaching, education and research in all aspects of musculoskeletal medicine.

Please let us know if there is anything we can do to further improve your experience. We look forward to serving you!

Sincerely,  
Roy Sanders, M.D.  
President and Chief Medical Officer

## Our Regenerative Medicine Program

Scientists and doctors have made tremendous advances to make tissue regeneration a reality in treating many diseases, including shoulder, knee, hip and spine degeneration, soft tissue and other bone related injuries. Regenerative medicine is showing promise in orthopedic medicine, burn treatment, nerve restoration and treatment of heart conditions, diabetes, multiple sclerosis and other diseases.

Through our regenerative medicine program, patients can take advantage of the body's ability to heal itself by using healthy regenerative cells found throughout the body. Stem cells are a key component of regenerative medicine, as they open the door to new clinical applications.

Laboratory and clinical research has shown that it is possible to use regenerative cells to restore and repair damaged or aging cells and effectively regenerate tissue in the body.

Another promising treatment through our regenerative medicine program is platelet rich plasma (PRP) therapy. Used for more than a decade to facilitate the healing of difficult wounds, PRP is rich in growth factors linked to healing.

### Stem Cell Therapy

Stem cell therapy is the use of stem cells to treat or prevent a disease or condition. Our physicians specialize in assisting patients with degenerative disk disease and osteoarthritis. Previously, these conditions were treated through physical therapy, pain medicine, steroid injections or spinal fusion surgery; today we use concentrated bone marrow aspirate as an adult stem cell preparation to promote regeneration of the spinal discs and osteoarthritis of the joints.

### Platelet Rich Plasma Therapy

Platelet rich plasma therapy is an outpatient treatment used for some common orthopedic conditions.

Our goal is to stimulate and optimize your body's ability to heal chronic conditions by injecting PRP into injured areas. PRP is taken from your blood, as a concentration of platelet cells, to help in the healing process of chronic neck, lower back, hip, knee, elbow, shoulder, foot and ankle injuries.

Research studies report that PRP is most effective in the treatment of chronic tendon injuries, especially tennis elbow, a very common injury of the tendons on the outside of the elbow. The use of PRP for other chronic tendon injuries - such as chronic Achilles tendonitis or inflammation of the patellar tendon at the knee (jumper's knee) is promising.

### Physicians who specialize in regenerative medicine

Many of our physicians have additional training in regenerative medicine. For a complete list, please visit: [floridaortho.com](http://floridaortho.com).

### Scheduling

Please contact our Quality and Specialty Services Team at (813) 978-9700 ext. 7750 to inquire about our regenerative medicine program.

*Florida Orthopaedic Institute complies with applicable Federal civil rights laws and is committed to ensuring that persons with disabilities, including persons who have hearing, vision, or speech disabilities, as well as persons of Limited English Proficiency (LEP), have an equal opportunity to participate in any of our services.*