



LEADERS IN PAIN MANAGEMENT

AVOID KNEE AND HIP REPLACEMENT SURGERY



Medica Stem Cells Clinic can provide you with unique pain management services. Appointments are made to suit you, and we can facilitate phone and video consultations at the patient's request.

WHO WE ARE

Medica Stem Cells is a medical practice, and our Doctors specialise in providing comprehensive solutions for pain management.

WELCOME TO MEDICA STEM CELLS CLINIC

Our mission is to help you get pain relief in a safe, controlled and friendly environment.



WHAT IS NON-SURGICAL REGENERATIVE THERAPY?

Medica Stem Cells therapies are minimally invasive, non-surgical, safe alternatives to relieve your joint pain and help you to get back to the things you love faster and without surgery.

There are many ways to begin your relief and recovery process when suffering from injury or joint pain, like knee, hip or shoulder pain. The conventional line of treatment is often surgery, pain medication, or even a combination of both. While pain medications and surgery have

their uses, there is often another pain relief method that many have not considered: Regenerative therapy.

Regenerative therapy is an alternative treatment option that continues to be proven successful, not only by scientists and researchers but also by doctors who utilise this treatment for various conditions, including chronic pain from arthritis and osteoarthritis. Patients suffering from pain can be at risk of depending too heavily on regular medications to relieve their pain. However, any temporary relief does not come from tackling the cause of pain. Regenerative therapy, on the other hand, through several protocols, will ultimately help initiate the self-healing cycle in the injured part of the body and the result then is pain relief.

Regenerative therapy has reduced the need for prescription medications and surgery, like knee or hip replacement surgery, proving to be a helpful tool towards managing and potentially eliminating pain in the body. It has helped untold amounts of people overcome insufferable chronic joint pain, restoring their function and mobility, and improving their quality of life.



FDA APPROVED KITS & DEVICES
EVIDENCE-BASED TREATMENTS
STUDY BACKED PROCEDURES
PATIENT OUTCOME OPTIMISATION

WHAT WE TREAT

■ Shoulder

Arthritis, Osteoarthritis, Labral Tear or Degeneration, Rotator Cuff Tear, Rotator Cuff Tendinitis, Frozen Shoulder, Shoulder Impingement, SLAP lesion, Anterior & Posterior Band of IGH, ACJ, SCJ & C-C Ligament.

■ Elbow

Arthritis, Osteoarthritis, Bursitis, Tennis Elbow, Golfer's Elbow.

■ Hand and wrist

Arthritis.

■ Hip

Arthritis, Osteoarthritis, Bursitis, Labral/Labrum Tear, Tendinopathy.

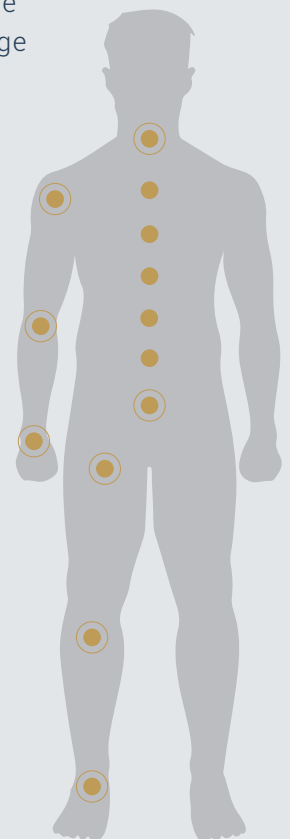
■ Knee

Arthritis, Osteoarthritis, Bone on Bone Cartilage Wear and Tear, Cartilage Defects, Patellar Tendinitis, Sprain or Partial Tear of the Posterior Cruciate Ligament, Medial Collateral Ligament/Lateral Collateral Ligament, Meniscus Tear, Tendinopathy.

■ Ankle and foot

Arthritis, Osteoarthritis, Ligament Sprain or Tear, Plantar Fasciitis, Achilles Tendinopathy, Ankle Sprains.

■ Back

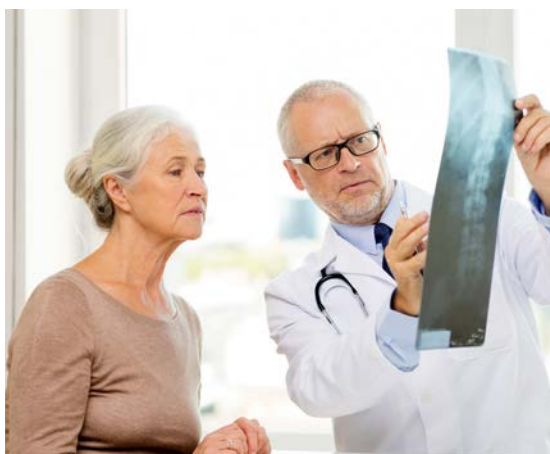


WHAT WE DO

At Medica Stem Cells Clinic, we specialise in creating individually tailored treatment plans to beat pain as quickly as possible.

We are proud to work with the most advanced diagnostic tools and leave no stone unturned. Your evaluation process with us may include CT Scans, MRI scans, X-Rays, a complete medical history – in short, whatever it takes to get to the root of your symptoms.

Once we have established the cause of your pain, we can offer a wide range of interventions to tackle it.



WHAT ARE THE BENEFITS OF REGENERATIVE TREATMENTS?

AVOID SURGERY AND ITS RISKS AND MANY COMPLICATIONS

SHORTER DOWNTIME AND REHABILITATION

One of the most time-consuming factors of any injury is not always the treatment itself but the recovery time. Regenerative therapies have far less risk than surgery, and recovery time is much shorter than surgery.

NO USE OF GENERAL ANAESTHESIA

Do you not like the way general anaesthesia makes you feel? Or do you get anxious at the thought of being “put under”? Regenerative therapy may be just what you need as it does not require the use of general anaesthesia. It provides a safe, increasingly effective non-surgical alternative to treating medical conditions using the body's own natural ability to repair itself without medication use.

SAME DAY PROCEDURE

After a comprehensive examination and review of your case, the Consultant will decide which line of treatment is most suited to your case. In some instances, it may be a combination of more than one treatment protocol. For some patients, however, the complete protocol is a series of injections in several treatment sessions. But the best part is that each treatment session is completed in under 3 hours, and no fasting is required.

SAFE PROCEDURES

Regenerative treatment is a safer procedure as opposed to hip or knee replacement because there is no requirement for general anaesthesia - “putting the patient to sleep”. Also, we are using your own cells from your own body, and therefore there is no risk of rejection and transmission of any communicable diseases. However, like any procedure, there is a slight risk of infection at the injection site. The procedure, therefore, is carried out under strict sterile conditions to minimise that risk.

MORE ADVANCED RESULTS

Your health and wellbeing are important to us! And we, as a medical practice, always strive to give our patients the best possible treatment available. Physiotherapy support alongside Regenerative treatment may provide more advanced results.

The full treatment should include the following:

- **Regenerative Treatment**

Series of PRP injections (subject to the severity of the condition) and full regenerative cellular treatment. The patient may return to work immediately and resume light duties after each treatment session.

- **Physiotherapy**

Physiotherapy restores, maintains and improves mobility, function and wellbeing in a patient and, combined with Regenerative treatment, may provide more advanced results in joint pain treatment.

- **Personalised Post-treatment Care**

Personalised post-treatment care is a part of the Regenerative treatment package, including detailed post-treatment instruction manuals, nutrition guides and orthotic assessment if required in your case.

- **Follow-up Appointment**

A follow-up appointment with our doctor within the next six months of your treatment is included in the Regenerative treatment package.

HOW WE TREAT



NON-SURGICAL REGENERATIVE THERAPY



PLATELET RICH PLASMA THERAPY



CELLULAR THERAPIES



PROLOTHERAPY & STEROID INJECTIONS



PHYSIOTHERAPY

MEDICA STEM CELLS RESEARCH & REVIEWS

The right care for you!

To find out more call our
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Or email:

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BOOK YOUR
CONSULTATION
TODAY!



Medica Stem Cells Clinic review articles and case report studies are published in international research journals.



GOLDIC® - A Promising Treatment in Patients with Grade-4 Knee Osteoarthritis: A Case Study
Published in International Journal of Clinical Case Reports and Reviews
(2023)



Implication Of Covid-19 Infection On PRP Extraction In A Patient Suffering From Knee Osteoarthritis
Published in Journal of Stem Cell Research
(2023) Volume 4, Issue 1



Efficacy and Safety of Regenerative Treatment in Knee Osteoarthritis Patients After Covid-19 Vaccination
Published in Journal of Stem Cell Research
(2022) Volume 3, Issue 3



Platelet Rich Plasma Therapy for Shoulder Tendinopathy: A Systematic Review
Published in International Journal of Clinical Rheumatology (2021) Volume 16, Issue 5



Safety and Efficacy of BMAC and Adipose-Derived MSCs Treatment in Combination for Knee Osteoarthritis
Published in American Journal of Surgery and Clinical Case Reports, (2022), Volume 5



Effect of Platelet Rich Plasma Therapy in Conjunction With Physical Therapy for Rotator Cuff Tendinopathy
Published in International Journal of Clinical Rheumatology (2021) Volume 16, Issue 7



BMAC and Adipose-Derived MSCs Treatment for Knee Osteoarthritis: A Systematic Review
Published in International Journal of Clinical Case Reports and Reviews
(2021)



Development of Osteoarthritis in Post-menopausal Women and Different Ways to Manage it
Published in Journal of Orthopaedics and Clinical Research (2021)
Volume 1, Issue 2

WHAT CAN I EXPECT AFTER THE REGENERATIVE TREATMENT? WHEN DO I SEE RESULTS?

Since this therapy is an orthobiological treatment that requires time for the cells to restore the damaged or injured areas, patients will not feel the effect of the injection immediately as the improvements are gradual and might take 6 to 12 months to fully manifest themselves. On average, most patients will start to see signs of improvement in reduced pain or increased function within one to six months, depending on the severity of the condition being treated. To maximize the recovery of the injured areas after the treatment, a follow up strengthening phase is required. Working with a physiotherapist accelerates the recovery phase and helps patients achieve the best results.

The first day after the treatment, you might experience mild discomfort at the injection site, which should not be restrictive. Mild pain in the treatment area may persist for a few days. The pain can be alleviated by rest, elevation and ice therapy, and if needed, simple pain killers may be prescribed.

Typically there is a potent anti-inflammatory effect of the naturally released growth factors associated with the treatment. This anti-inflammatory effect lasts from 2-3 months. From there, you can see continued gradual improvement as the cells help provide healing to the affected area.

We advise you to keep up with your physiotherapy appointments as this combined with Regenerative treatment may provide more advanced results in joint pain treatment. Also an orthotics assessment may be arranged if required in your unique case to improve results.

A face-to-face follow-up appointment will be arranged 2-6 months after the treatment to evaluate your progress. During the follow-up period, you will be asked to keep an accurate record of your progress to compare to your starting point.

Regenerative treatment is very effective in many cases; however, the treatment outcome varies for every patient and cannot be guaranteed. The results mainly depend on factors like age, lifestyle, comorbidities, working conditions, type and severity of the condition and other factors.

TREATMENT AREAS



KNEE PAINS



HIP PAINS



FOOT & ANKLE



SHOULDER PAIN



ELBOW TREATMENTS



HAND & WRIST PAIN



ROTATOR CUFF TEARS



OSTEOARTHRITIS



PLANTAR FASCIITIS



LIGAMENT INJURIES



TENDINITIS



SPORTS INJURIES

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WOULD YOU LIKE TO ATTEND MEDICA STEM CELLS CLINIC FOR TREATMENT, BUT THERE ARE NO CLINICS IN YOUR COUNTRY?

When you want to travel abroad for various joint pain condition treatments, we are always at your disposal. Travelling to another country for medical services can include planning many details, such as appointments, doctors' opinions about the problem you have, transfer from the airport to the hotel and clinic, the cost of services, translations and others. We take care of you at every step you take on this journey so that you do not feel alone in a foreign country, taking care of all the steps so that you can constantly benefit from premium care.

We prioritise your needs and requirements at every step of the process, and therefore, we offer a fluid and speedy path to solving your health problems - Medical tourism packages that provide patients and their families with comprehensive solutions.

Full Medical Tourism Package includes:

- Online consultation for initial assessment
- In-clinic treatments with zero waiting time
- Patient observation for the next 24 hours after the treatment
- Short stays
- Personalised post-treatment care
- Visa assistance, if required
- 4-star accommodation
- Airport pick-ups and transfers
- Translation services, if required
- Financial and billing information
- Assistance to health insurance companies



TESTIMONIALS

I came to Medica Stem Cells because I did not want to get a knee replacement. I had my right knee replaced, and it was extremely painful and invasive. I had regenerative cell treatment on my right knee, and it is now pain-free! The treatment took two hours, and it was very non-invasive.

Before I went for the treatment, I was living on pain killers because the pain was unbearable in my left knee. I no longer need to take pain killers. I can get a full night's sleep. I can walk pain-free and cycle pain-free. I am absolutely delighted. My mood has been lifted, and I am very happy I did not go for the replacement, and I would recommend everyone to choose this therapy.

T. Burke

I received treatment for my left knee. I couldn't bend it properly or go up the stairs. I received the treatment in London in May 2019. It is now 28 October 2019, and I have no pain, and I am off all medication. No pain killers needed anymore. I was taking Co-codamol pain killers 4 times per day. After 1 month, I completely stopped taking all pain killers.

It has been a great success for me. I am very thankful to the doctor and the team at Medica Stem Cells. I don't need knee replacement surgery now, which I did not want to do. I am so happy with my regenerative treatment for the knee.

I would advise anyone to come and do this treatment as it is amazing.

Mrs K. Nwe

I'm a physical fitness trainer. Got my right knee done 6 months ago. Walking was very painful at the time, was very restricted to what I could do. Now I am walking better and back exercising. And up till the Covid-19 lockdown, I was back teaching 4 classes a week, which doesn't include my own daily workout. I expect to have made even more progress in the next few months.

M. Enubuje

I was like a lot of people out there thinking this couldn't work, but I'm proof it does work. I was in so much pain and discomfort, I couldn't walk or sleep with the pain and on so many pain killers before I got my treatment. But now over four weeks later, I'm sleeping nearly all night, and I'm walking with no pain and not taken any pain killers. The improvement in my knee is unbelievable and still getting stronger and better each day. I want to thank Medica Stem Cells Pain Management Clinic for giving me my life back and pain-free. I am really glad I gave it a try.

G. Lynch

I had my left hip treated at Medica Stem Cells. It has only been a few weeks since the treatment now, and I can already feel a definite improvement. For the first time in many years, I can now say that I can stand equally and comfortably on both of my feet. I have also regained a substantial range of movement in my hip. Sticking to my post-treatment instructions played a huge role in my progress.

I am very happy with my progression, and I am looking forward to the future.

F.S

TESTIMONIALS

It is now five months since I had regenerative cell injections to both knees. The results are impressive. I have not had any pain after the first few days. I am exercising in the swimming pool three times a week and keeping active. I am hopeful that there will be a further improvement over the next few months. My quality of life has improved greatly, and I can now walk for over two miles without any problem. I would recommend this treatment.

M. Murphy

My shoulder is feeling great for the first time in years. Working as a Healthcare assistant in a very physical work environment, I put my shoulder out about 4 years ago. I had pain symptoms that would cause me to wake up almost every night and often miss work. I tried Physio, massage, steroid injections; you name it all to no avail. I began to give up until I was approached by Medica Stem Cells clinic. After a quick and painless procedure in a very professional manner, I have never felt better, I'm three months on now and sleeping well and feeling great! I could not recommend it highly enough.

C. Wieneke

I came to Medica Stem Cells because I had one knee replacement done, and I wanted to avoid having the other knee done. I had pain in my hip and arthritis in my toe too, and they were also very sore. I had cell treatment on the knee, hip and toe. I had all three done, and they are all perfect, and I have no pain whatsoever! I am absolutely delighted, and I am telling everyone about it.

C. Browne

I came to Medica Stem Cells when my friend highly recommended them to me. I had a stroke 8 years ago, and I had terrible neck and shoulder pain. I had my treatment in Medica clinic 3 months ago, and I now feel fantastic. I was taking pain killers on a very regular basis, and now I am pain-free, and I do not need to take any pain killers. The treatment was 100% successful. Everybody was very pleasant.

P. Collins

I went for a consultation as a friend recommended Medica Stem Cells clinic. I had problems with both of my knees as they were very painful, and I wanted to avoid possible knees replacements for both knees. My knees were very painful when I walked, and if I was standing in one area for long periods of time, it would also be painful. I received treatment in both knees. It is now 6 weeks on, and I can now walk pain-free and can stand for long periods of time without pain. I am now a lot more mobile since I received the treatment. It is early days yet, but I am very happy with the treatment I received.

J. McDonnell

After an unfortunate incident 2 years ago, I sustained a substantial soft tissue injury to my left foot/ankle. Then 14 months ago, I sustained to the same foot a fractured bone from a work-related fall. Up until February this year I walked with a limp and a lot of pain. I went to Medica Stem Cells clinic for treatment. I now walk with no limp and 90 - 95% pain-free. My foot doesn't swell now either. I am 100% happy with these results and the care I have received.

Nicki

TESTIMONIALS



I was playing with St. Kieran's College, and then, unfortunately, I just stranded up having three operations in the space of ten months. I had no cartilage left in the knees so really it was just bone and

bone in there at that moment.

The reason I came to Medica Stem Cells was that I was pretty much looking down to the barrel of knee replacement. And after six arthroscopies on my left knee, I was in a bad place at that time. But thankfully, I came in contact with the medical team of Medica Stem Cells Pain Management. To be honest, it's been a huge transformation for me with regards to my work life, personal life and sporting as well. I am now pain-free every day. I can work away in the gym and do my own kind of personal training. I can play golf which was a big aim for me after my hurling career.

I have had two treatments with Medica Stem Cells, and I suppose Medica treatment was a long-term plan for me to try and prolong and even to cancel a knee replacement because that is what I was looking for at that time.

I couldn't be happier with where I'm at this moment in time. As I said I'm pain-free, which was a huge bonus for me because, before my first injection, I was in constant pain every day and to be able to say now that I'm pain-free is great.

I'm able to run around, puck around with my son. Get up in the morning and to be able to get on my everyday life pain-free is a huge thing for me, and as I said, I could not recommend Medica Stem Cells enough.

R. Power

I was diagnosed with Osteoarthritis in my left knee, and I came across Medica Stem Cells and came in for a consultation. I was treated eight weeks ago. And today, I can see that I am being free for the first time in about four years, I would say for the first time, which is good. I am absolutely elated because it was taking a toll on my life, social life and work life in every way possible. And since the treatment, I have had no pain whatsoever, which I am very, very happy about.

I also have the same problem with my right knee. And I am going to move forward in getting the same treatment. I would definitely recommend Medica Stem Cells.

A. Griffin

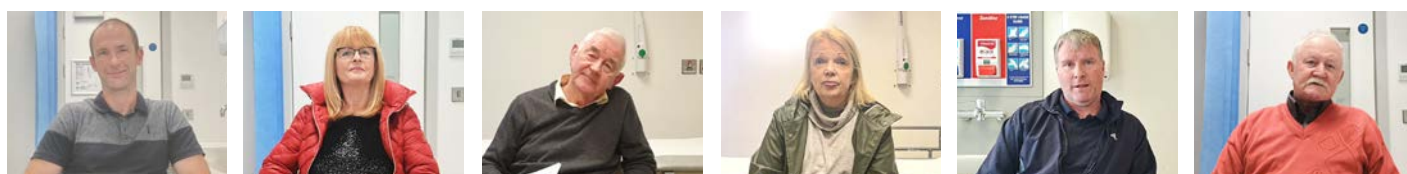
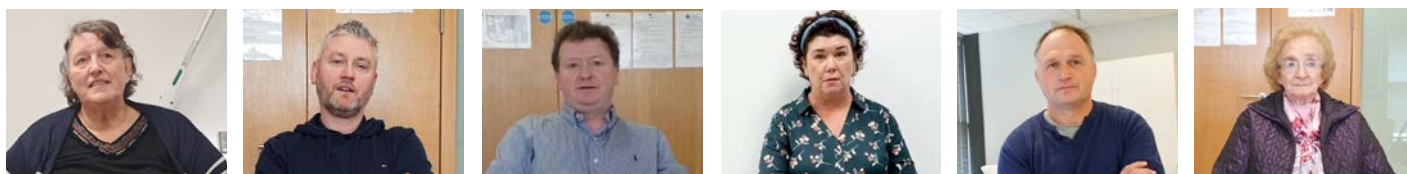
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C. Browne

I had severe tennis elbow, and I couldn't even turn a doorknob or lift boiled eggs off the cooker. After 6 physio sessions and two cortisone shots recommended by my doctor, nothing helped at all.

I got onto Medica Stem Cells recommended by a friend, and I had three PRP injections, and it has helped tenfold. And being a tradesman myself, I am so glad to be back at work pain free. The staff are wonderful and help out any way they can, even during these Covid times.

C. Boast



AFTER TREATMENT WITH MEDICA
STEM CELLS CLINIC THESE
PATIENTS HAVE NOW CANCELLED
THEIR KNEE OR HIP REPLACEMENT
OPERATIONS



All testimonials are online: www.medicastemcells.com/testimonials





Tiger Woods
Professional Golfer



Rafael Nadal
Tennis Player



Richie Power
Hurling



Conor McGregor
Mixed Martial artist



Christiano Ronaldo
Real Madrid



Jack Nicklaus
Golf Legend



Michael Schumacher
German racing driver



Brooks Koepka
Golf



David Payne
Olympic Hurdler



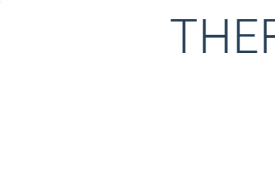
Kobe Bryant
L.A. Lakers



Takashi Saito
L.A. Dodgers



Uche Nwaneri
Jacksonville Jaguars



Alex Rodriguez
New York Yankees



Pau Gasol
San Antonio Spurs



Chris Johnson
New York Jets



Stephen Curry
Golden State Warriors



Marquis Maze
Pittsburgh Steelers



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Philadelphia Phillies



Dara Torres
Olympic Swimmer



Israel Dagg
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Terrell Owens
Cincinnati Bengals



LaRon Landry
Washington Redskins



Prince Amukamara
New York Giants



Ahmad Bradshaw
New York Giants



Adrian Clayborn
Atlanta Falcons



Garrett Richards
L.A. Angels



Andrew Heaney
L.A. Angels

ATHLETES WHO WERE TREATED WITH STEM CELL THERAPIES FOR THEIR INJURIES

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