

KNEE INFORMATION PACKET

What we treat, our procedures, and us vs. traditional surgery

	CSC	TRADITIONAL SURGERY		
	Perc Procedures	Knee Replacement	ACL Reconstruction	Meniscus Repair
Return to Daily Routine	2-5 days	6+ weeks	4-6 weeks	4-6 weeks
Return to Sports	3-6 months	6-12 months	6-12 months	3-6 months
Recovery	Brace, up to 6 weeks PT	Crutches, brace, 12+ weeks of extensive PT	Crutches, brace, 2-9 months of PT	Brace, 12+ weeks of PT
Pain Management	Mostly over the counter pain medication (days)	Prescription pain medication for weeks	Prescription pain medication for weeks	Prescription pain medication for weeks
General Anesthesia	No	Yes	Yes	Maybe
Preserve Joint Anatomy	Yes	No (Joint is amputated)	No (Graft at different angle)	No (Cartilage removed)

COMMONLY TREATED KNEE CONDITIONS

- Osteoarthritis
- Meniscus Tears
- ACL, MCL, PCL or LCL sprain or tear
- Knee Instability
- Patellofemoral Syndrome/Chondromalacia
- Pes anserine bursitis
- Baker's cyst
- Patellar tendonitis
- Biceps Femoris Insertional Tendinopathy
- Hamstrings Tendinopathy

YOUR ALTERNATIVE TO KNEE SURGERY

Surgical options for those dealing with painful knee issues range from arthroscopic knee surgery to total knee joint replacement. Recent research has shown that some of the most popular arthroscopic surgeries have no benefit at all (including meniscus surgery). Surgical risks aside, all surgeries minimally require months of painful rehab to regain strength and mobility. Most surgeries also accelerate the cascade of degeneration that leads to osteoarthritis.

We have seen exciting results on difficult cases, such as complete muscle and ligament tears, and we have helped thousands of patients with severe arthritis avoid knee replacement and continue to do the things they love with little or no pain. Most Regenxx patients experience little or no downtime from their procedure and are encouraged to return to activity as they begin to feel better.



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CENTENO-SCHULTZ KNEE PROCEDURES

Percutaneous Knee Arthroplasty (PKA)

↳ Indications: arthritis, avoid replacement, etc

Percutaneous ACL Repair (Perc-ACLR)

↳ Indications: partial and complete ACL tears without retraction

Percutaneous Meniscal Trehination & Implantation (Perc-MTI)

↳ Indications: all meniscus tears except when there is mechanical locking

WHAT IS A PERCUTANEOUS CENTENO-SCHULTZ PROCEDURE?

In this procedure, the physician injects the joints and lax ligaments, damaged meniscus tissue, and tendons with your own body's stem cell-rich bone marrow concentrate or blood platelets (platelet-rich plasma or platelet lysate).

Our procedures are precise, ultrasound- and fluoroscopy-guided procedure, as opposed to a quick knee shot. Most patients are treated only under local anesthesia in a same-day, minimally-invasive procedure that eliminates the need for extensive recovery times and long-term, dangerous opioid usage (both common in traditional orthopedic surgery) . Each treatment is crafted based on your injury's specific needs and your desired results.

Orthopedic injuries are not one-size-fits-all, so your treatment plan shouldn't be either.

CHECK OUT OUR OUTCOME DATA

With over 11,790 knee patients tracked in the Regenexx® Patient Registry (as of February 2021), our outcome data is the most extensive, longest running, self-reported registry for bone marrow concentrate procedures in the world. Check our our registry data [here](#).



THE CENTENO-SCHULTZ CLINIC
YOUR TRUSTED ALTERNATIVE TO ORTHOPEDIC SURGERY