

A stylized graphic of a human spine, composed of numerous interlocking puzzle pieces in shades of blue and grey. The spine is curved and runs vertically down the center of the page. The text is centered over this graphic.

SPINE INFORMATION PACKET

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



THE CENTENO-SCHULTZ CLINIC
THE TRUSTED STEM CELL THERAPY EXPERTS

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	CSC	TRADITIONAL SURGERY		
	Perc Procedures	Spine Fusion	Laminectomy	Discectomy
Return to Daily Routine	2-5 days	4-6 weeks	2-6 weeks	2-4 weeks
Return to Sports	3-6 months	6-12 months	4-6 months	3-9 months
Recovery	Up to 6 weeks PT	Brace, 12+ weeks of extensive PT	Brace, 6-12 weeks of PT	Brace, 6-12 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	Not Common	Yes	Yes	Yes
Preserve Joint Anatomy	Yes	No (Joints are fused)	No (Vertebrae partially removed)	No (Disc material removed)

COMMONLY TREATED SPINE CONDITIONS

- Back Pain
- Herniated/Bulging Disc
- Spinal Stenosis
- SI Joint Syndrome
- Arthritis of the Spine
- Spinal Stenosis
- Pinched Nerve
- Facet Joint Syndrome
- Sciatica
- Spondylosis
- Failed Back Surgery Syndrome
- Degenerative Disc Disease

YOUR ALTERNATIVE TO SPINE SURGERY

If you're looking for an alternative to back surgery, what you really need is a Regenexx procedure. Regenexx has a range of procedures developed to help patients avoid spine surgery and the side effects of epidural steroid injections. These procedures utilize the patient's own natural growth factors or bone marrow concentrate to treat bulging or herniated discs, degenerative conditions in the spine, and other back and neck conditions that cause pain.

The origin of spine pain is often misidentified. Our over 15 years of experience in regenerative treatments for spine pain allows us to address as many factors as possible to gain insight into the true cause of the problem. We identify the most probable sources of pain and select the most appropriate treatment options available. Only then can the natural healing process be initiated using the safest, least invasive procedure possible.



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CENTENO-SCHULTZ SPINE PROCEDURES

Percutaneous Orthobio Annuloplasty (POA)

↳ Indications: disc injuries (including herniated, bulging, and torn discs)

Percutaneous Functional Spinal Unit (Perc-FSU)

↳ Indications: alternative to spine fusion surgery.

Percutaneous Implantation of the CCJ Ligaments (PICL)

↳ Indications: treatment of craniocervical instability.

Perc-Flavoplasty

↳ Indications: nonsurgical treatment of spinal stenosis

Orthobio Ultrasound-Guided Hydrodissection

↳ Indications: treatment of nerve damage in the spine

Perc-SI-Ligamentoplasty

↳ Indications: SI joint pain caused by injury or instability, alternative to SI joint fusion surgery

Percutaneous Scolioloplasty

↳ Indications: nonsurgical treatment of scoliosis



WHAT IS A PERCUTANEOUS CENTENO-SCHULTZ PROCEDURE?

In this procedure, the physician injects the joints and ligaments, damaged spinal tissues, 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 injections, as opposed to a quick epidural steroid 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 13,100 spine 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](#).



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YOUR TRUSTED ALTERNATIVE TO ORTHOPEDIC SURGERY