

SHOULDER 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	Shoulder Replacement	Labrum or Rotator Cuff Surgery
Return to Daily Routine	2-5 days	4-6 weeks	4-6 weeks
Return to Sports	3-6 months	6-12 months	4-6 months
Recovery	Up to 6 weeks PT	Brace, 12+ weeks of extensive 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
General Anesthesia	Not Common	Yes	Yes
Preserve Joint Anatomy	Yes	No (Joints is amputated)	No (Tissue removed)

COMMONLY TREATED SHOULDER CONDITIONS

- Rotator cuff tears
- Arthritis of the shoulder joint
- Thoracic outlet syndrome
- Labral tears or degeneration
- Rotator cuff tendonitis & tendonosis
- AC Joint Separation
- Recurrent shoulder dislocations

YOUR ALTERNATIVE TO SHOULDER SURGERY

Because the shoulder is the most mobile joint in the human body, most patients considering surgery for a shoulder injury, osteoarthritis, or degenerative condition are looking for relief from pain. Surgical approaches using the pain generator understanding of orthopedic pain can often be reductive (or plain wrong) about what is the cause of pain. Our Regenexx® procedures utilize the patient's own natural growth factors or bone marrow concentrate to treat shoulder conditions that cause pain.

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 KNEE PROCEDURES

Perc-Shoulder Arthroplasty (PSA)

↳ Indications: shoulder arthritis, avoid replacement, etc

Perc-Shoulder Rotator Cuff Repair

↳ Indications: most partial and complete RC tears

Perc-Shoulder Labrum Repair

↳ Indications: all labrum tear types, including SLAP tears

WHAT IS A PERCUTANEOUS CENTENO-SCHULTZ PROCEDURE?

In this procedure, the physician injects the joints and lax ligaments, damaged 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 shoulder 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 2,440 shoulder patients tracked in the Regenxx® 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