This data was collected by Regenexx network physician Mitch Sheinkop, M.D. As an orthopedic surgeon, he collected knee and hip replacement data in 2007. He also used the same methods to collect data on the Regenexx-SD procedure for knee and hip arthritis. Regenexx had no involvement in the data collection nor its preparation.

The Regenexx-SD procedure is a same day bone marrow stem cell procedure that isolates the fractions of bone marrow that have the most stem cells.

73% of Regenexx-SD hip patients returned to sporting activities!

Caution! This is a comparison trial, which is not the same as a drug company style controlled trial.

How does a major surgery compare to an injection of stem cells?

What does this mean?
The Harris Hip Score and hip range of motion improved in both hip replacement and Regenexx-SD patients. While hip replacement patients saw greater improvements, given that the Regenexx-SD patients had a dramatically less invasive injection, the risk/benefit ratio is good.

What does this mean?
The Knee Society Assessment Score and the Function Score improved in both knee replacement and Regenexx-SD patients. Regenexx-SD knee patients saw greater post procedure levels in both measures. Given that the Regenexx-SD patients had a dramatically less invasive injection, the risk/benefit ratio is excellent.

Details:
- Hip: 94 THA surgeries performed in 2007, mean age of 62 years, mean BMI of 30. 28 Regenexx-SD procedures performed in 2012, mean age of 51 and BMI of 26. 24 THA patients were available for follow-up at one year and 18 Regenexx-SD patients were available at 1 year. Harris Hip Score administered to both groups by the same technician and clinician.
- Knee: 111 knee TKA knee surgeries performed in 2007, mean age 67 years, mean BMI of 32. 37 Regenexx-SD procedures performed in 2012 with a mean age of 55 years and a BMI of 27. At one year there were 71 TKA and 26 Regenexx-SD patients available for follow-up. Knee Society Assessment Score and Knee Society Function Score administered to both groups by the same technician and clinician.