

Application of Stem Cells in the Orthopedic Specialty

Bal M Rajagopalan*

American, Canadian and Dubai Board Certified Medical Legal Specialists, USA

Submission: November 20, 2015; **Published:** November 30, 2015

***Corresponding author:** Bal M. Rajagopalan, American, Canadian and Dubai Board Certified Medical Legal Specialists, CEO Beverly Hills Orthopedic Institute, 8670 Wilshire Blvd, Beverly Hills, CA 90211, California, USA, Tel: 310.247.0466; Email: www.drhipandknee.com; drraj90210@aol.com

Introduction

There has been remarkable progress involving the application of stem cells in the orthopedic specialty. This is advancement that I have witnessed consistently among by patients, who seek to avoid partial and full joint replacements. Initially, my confidence in the use of stem cells was ignited by its impressive track record in Europe, where it has seen affirmation from studies performed on both human and animal models. In the procedure, adult stem cells are harvested from the iliac bone, isolated, and injected into the affected joint space or tissue. The entire procedure lasts at most 45 minutes, which is especially ideal for geriatric patients that have concerns with prolonged anesthesia. The recovery time is minimal – patients are encouraged to be lightly active immediately following the procedure. Through my experience, I have seen results in one to four months on average. Within this time, patients will

admit general feelings of alleviation of pain, increased mobility, and overall improvement in their condition. Additionally, this procedure can be combined with others in order to facilitate healing time. In one notable example, a remarkably athletic patient was initially presented to me with symptoms of chronic pain consistent with a diagnosis of shoulder impingement syndrome and glenohumeral osteoarthritis. I performed an arthroscopy along with a glenohumeral debridement, along with injection of stem cells into the affected area. Within six weeks the patient reported almost entirely alleviated symptoms, regained strength, and a seamless return to the activities of daily living. This has come to be a normal response for those that undergo the treatment, as I have witnessed time and time again. I sincerely urge the scientific and surgical communities alike to consider stem cell treatment for orthopedic ailments a very tangible and worthwhile cause.