



What conditions are treated with Stem Cell Therapy?

- Golfer's and Tennis elbow
- Back, Neck, and Spine Pain and Injuries
- Arthritic Joints, Osteoarthritis and Rheumatoid Arthritis
- Rotator Cuff Tear and Acromioclavicular(AC) joint injury
- ACL and Meniscus injuries
- Biceps, hamstrings and Calf muscle injuries and pain
- Tendon and Ligament Injuries
- Hip, Knee, Shoulder, Ankle and other joint injuries and pain
- Sacro-iliac joint pain
- Bursitis and Tendinitis
- Plantar Fasciitis

What are the potential benefits of Stem Cell Therapy?

Patients can see a significant improvement in symptoms including:

- ⊕ **Pain**
- ⊕ **Inflammation**

This may eliminate the need for aggressive treatments such as:

- ⊕ **Long term medication**
- ⊕ **Surgery**

Dr. Kraucak remains dedicated to bridging the gap between clinical medicine and complimentary therapies to promote the body's natural healing mechanisms.



Healthcare Partners
A Holistic Medical Practice

**REGENERATIVE
THERAPY**

**Bone
Marrow**

*for damaged
joints, tissues, and cartilage*



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AVOID JOINT SURGERY!

Get Back to Doing the Things You Love!

HEALTHCARE PARTNERS OFFERS RESTORATIVE STEM CELL TREATMENT

HOW DOES STEM CELL THERAPY BONE MARROW - WORK?

STEM CELLS ARE THE REPAIRMEN OF THE BODY. THE MOST COMMON ARE DERIVED FROM BONE MARROW AND IS KNOWN AS HEMATOPOIETIC STEM CELL. BONE MARROW IS THE BLOOD FORMING ORGAN OF THE BODY AND IS LOCATED WITHIN THE BONE IN PLACES THROUGHOUT THE BODY. THE PHYSICIAN WILL OBTAIN A SMALL AMOUNT OF BONE MARROW WHICH WILL THEN BE HARVESTED AND THE STEM CELLS INJECTED INTO THE AFFECTED JOINT CAPSULE .

STEM CELL THERAPY IS USED TO TIGHTEN AND STRENGTHEN WEAK AND DAMAGED LIGAMENTS AND TENDONS. IT IS ALSO USED TO DECREASE PAIN AND IMPROVE FUNCTION IN SOME FORMS OF ARTHRITIS.

In less than 15 minutes, 60 ml of bone marrow aspirate provides: 10 ml of concentrated stem cells - 4 billion platelets - 9.2 million hematopoietic stem cells - 1.1 billion total nucleated cells.

STEM CELL THERAPY:

- SAFE
- EFFECTIVE
- NATURAL
- NON-SURGICAL
- OFFICE-BASED
- CONVENIENT
- AFFORDABLE

HOW MUCH DOES IT COST?

One of the first questions that many people have is "how much do Stem Cell Joint procedures cost?" Although these procedures are not covered by health insurances, our Stem Cell Joint Procedures start at a very affordable price which varies depending on the severity of your medical condition, the number of

joints you would like treated, and whether you would need one or more types of stem cells to achieve the best possible results.

Each patient's medical requirement is unique. Therefore a consultation with the physician is needed to decide the best treatment option (and total cost) for you.

WHAT IS THE PROCEDURE?

The patient lies on the stomach and the skin over the pelvic bones is cleaned with antiseptic solution. An anesthetic medication, called lidocaine will then be given for local anesthesia.

With the local area anesthetized, 60 ml of bone marrow aspirate is drawn and concentrated through centrifuge method. 10 ml of bone marrow concentrate is then injected into the affected joint.

Stem cell therapy is an alternative to invasive orthopedic surgery and joint replacement.

DURATION:

THE NEEDLE WILL BE IN THE PATIENTS HIPBONE FOR APPROXIMATELY 15-60 SECONDS AND THE ENTIRE PROCEDURE SHOULD TAKE NO LONGER THAN 5 MINUTES. FOLLOWING THE PROCEDURE THE PATIENT SHOULD BE ABLE TO RETURN TO NORMAL DAILY ACTIVITIES.



NOTE: No guarantees or warranties concerning outcomes are herein made or implied.

HOW SOON CAN I GO BACK TO REGULAR PHYSICAL ACTIVITIES?

Stem Cell Therapy helps regenerate tendons and ligaments but it is not a quick fix. It requires time and rehabilitation. Through regular visits, your doctor will determine when you are able to resume regular physical activities.

NOTE: Anti-inflammatory medications must be avoided 24 hours before procedure and one week after.

If you have a tendon or ligament injury and traditional methods have not provided relief, then Stem Cell Therapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissues with minimal or no scarring and alleviates further degeneration of the tissues.