



Avoid Surgery with Regenerative Care

John (his name has been changed) had always been active. He'd played basketball in college and continued playing pickup games after graduation. But then John began experiencing pain in his knee whenever he played. He tried to power through it, but the pain only worsened to the point that it started to affect his day-to-day life.

That was when John came to see the team at Sievers Sports Medicine. After a thorough evaluation, Dr. Sievers diagnosed him with patellar tendonitis, an overuse injury common among basketball players. John's pain and mobility restrictions were severe enough that he worried he might have to undergo surgery to repair the damage. Fortunately, we could offer him an alternative: regenerative therapy and a referral to a physical therapist.

Regenerative therapy at our clinic helped manage John's pain and facilitate his body's natural healing processes, helping him make the most of the work he was doing during physical therapy. But what exactly is regenerative therapy? Today, we want to explore this cutting-edge treatment technique. And if you think you might benefit, give us a call to schedule an appointment!

An Overview of Regenerative Therapy: What it Is, What It Does

Regenerative therapy is an umbrella term for all-natural, minimally invasive treatment injections that harness the power of the body's natural healing processes to repair damaged tissue. These treatments reduce pain while facilitating repair and healing. There are different types of regenerative therapy. Here are two that we offer at Sievers Sports Medicine.

Platelet-Rich Plasma (PRP) Injections

A PRP injection involves extracting a vial of your blood and then processing it to separate the plasma and platelets from your red blood cells. Those platelets contain growth factors

that promote healing—for example, they're the reason your cuts will scab over. We inject this platelet-rich plasma directly into the injury site, using an ultrasound to ensure accuracy. As a result, all those platelets work on the damaged tissue, creating an environment where it can heal more efficiently. We perform this entire process, from extraction to injection, in-house.

Stem Cell Injections

Stem cells have a regenerative factor that allows them to self-renew, develop into different types of cells, and create new tissue. You accelerate your body's recovery by injecting them into an injury site. During the procedure, we extract stem cells from your body, process them so they can survive, and then inject them back into the damaged site. The stem cells' regenerative potential helps provide the ideal environment for your tissue to repair itself.

What Else Should I Know?

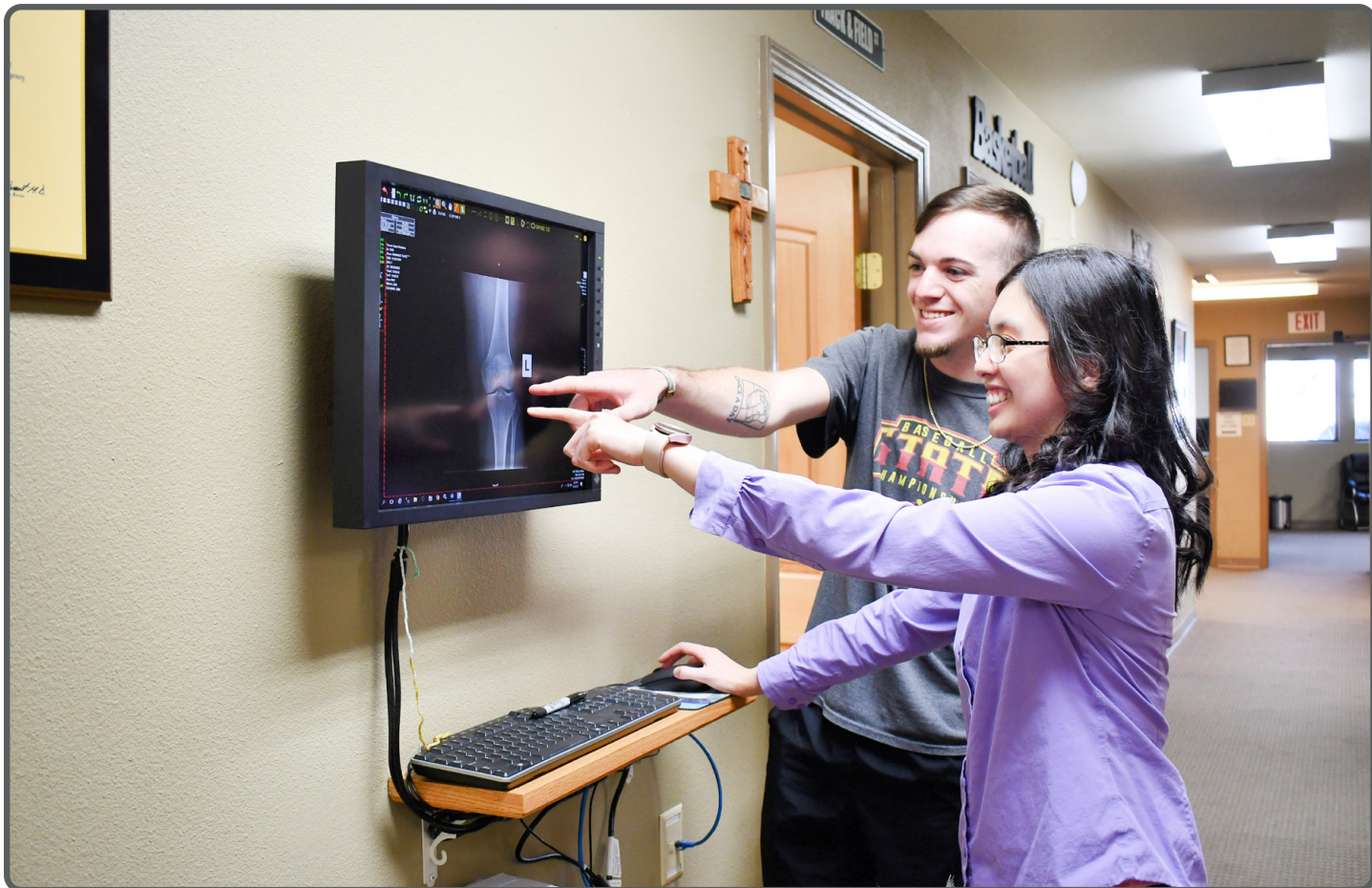
While both PRP and stem cell therapy are minimally invasive injections that use your body's natural processes to promote healing and reduce pain, they do so in different ways:

- PRP therapy uses the growth factors present in your blood's platelets
- Stem cell therapy uses stem cells' regeneration ability

In both cases, we'll work hard to ensure your comfort. We'll provide a local anesthesia during the extraction and injection processes, helping to reduce discomfort. We also use ultrasound to guide the injections and ensure accuracy.

Our staff is dedicated to providing excellent follow-up care, with detailed aftercare instructions and check-ups to ensure everything is working as expected.

**[CLICK HERE TO GET ON OUR SCHEDULE &
START YOUR HEALING JOURNEY.](#)**



When Do We Use Regenerative Therapy?

Regenerative therapy is an ideal choice if you've suffered a musculoskeletal injury and want to avoid surgery. We can tell you whether you'll benefit more from stem cell therapy or PRP injections. As we saw with our patient John, it works best when paired with physical therapy. Regenerative therapy reduces pain so you can more easily work through your rehabilitation program, and it helps create an environment conducive to recovery—essentially maximizing your rehab.

Here are some of the injuries and conditions that respond well to regenerative care:

- **Chronic Tendon Injuries:** Your tendons are the tissue that connects muscle to bone, and they can suffer microdamage due to overuse, leading to pain and restricted mobility. Examples include tennis elbow or runner's knee.
- **Strains:** A strain occurs when you tear or stretch a muscle or tendon. This can affect any muscle in the body. Rotator cuff tears, which affect the shoulder, are a typical example.
- **Sprains:** A sprain occurs when a ligament—the tissue that connects the bones in a joint—becomes damaged. Again,

you can sprain any joint, but ankle, knee, and wrist sprains are especially common.

- **Meniscus tears:** The meniscus is a C-shaped piece of cartilage that cushions the knee joint. Tearing it is a common sports injury.
- **Osteoarthritis:** Although OA isn't an injury, regenerative therapy can help manage its symptoms, including pain and restricted mobility.

Less Pain, Faster Recovery: Call Today to Learn More

At Sievers Sports Medicine, we want to help you avoid surgery if at all possible, as it's costly and comes with a host of additional risks. Regenerative therapy helps amplify your body's healing potential so you can work through a non-invasive, all-natural rehabilitation program with less pain. If you'd like to learn more about regenerative therapy and what it can do for you, call to speak to our friendly staff today.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6863062/> • <https://link.springer.com/article/10.1007/s43465-020-00349-3> • <https://link.springer.com/article/10.1186/s40634-020-00282-2>



**Sievers
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Contact Us

304 S Main Ave., Portales, NM

Email: sieversfax@yucca.net

P: 575.215.3902



PATIENT SUCCESS

“Dr. Sievers is the best sports medicine physician probably in the state. He has the hands of a violinist, his touch is immaculate and pristine and he does the most comprehensive evaluation with feedback I have ever seen. He genuinely cares- which is most important in this day and age.” —M.S.

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STAFF SPOTLIGHT



Claudia Cordova

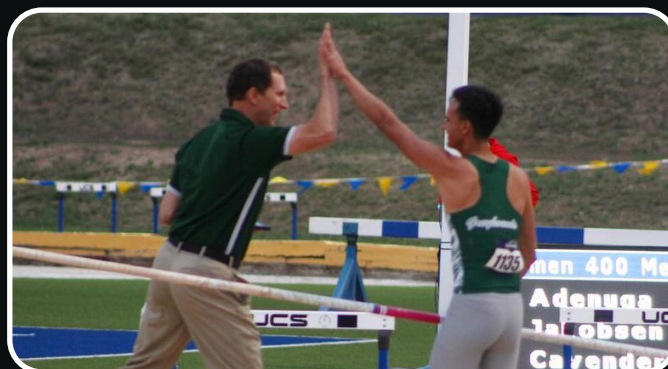
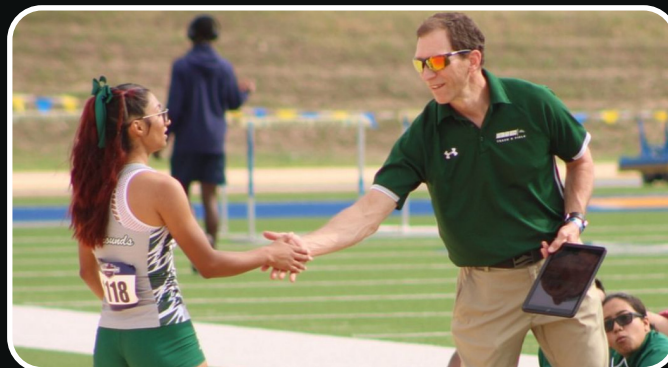
Office Manager & Registered Radiologic Technologist

Claudia Cordova fulfills a vital dual role at Sievers Sports Medicine, functioning both as an office manager and a registered radiologic technologist. In her capacity as office manager, Claudia oversees all business operations, ensuring that the practice runs smoothly and efficiently. As a registered radiologic technologist in New Mexico, Claudia is responsible for operating state-of-the-art digital X-ray machines to produce clear and accurate images, which are crucial for the prompt and precise diagnosis of illnesses or injuries. This role is integral to the healthcare team, as it assists our physician in developing effective treatment plans. In her dual role, Claudia combines her expertise in radiology with her management skills to provide exceptional support in patient care. Her ability to perform same-day, in-office imaging services is particularly valuable, as it facilitates swift diagnoses and efficient treatments. Claudia takes great pride in her work at Sievers Sports Medicine, and is proud to contribute to the well-being of patients and the efficiency of the practice.



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