

A photograph of a person from behind, wearing a red tank top, performing a back stretch by pulling one arm over their head. The background is a soft, light blue gradient. A white rectangular box is overlaid on the lower left portion of the image, containing the title and subtitle text.

MANAGING & OVERCOMING PAIN

Almost everything you need to know to
help you overcome pain without
surgery or opioids.



WHY YOU MAY BE EXPERIENCING PAIN

Pain is a common health problem. 58.9 percent of adults are living with it everyday. Back pain is the most common type of pain. According to data released by the National Center for Health Statistics, 2 out of 5 U.S. adults are affected by back pain.

Did you know that chronic pain is more common among women than men, and that it becomes more common as people grow older? One reason why older people are more likely to have chronic pain is that health problems that can cause pain, such as arthritis, become more common with advancing age.

Not all people with chronic pain have a health problem that has been diagnosed by a doctor, but among those who do, the most frequent conditions by far are:

- Back pain
- Arthritis
- Sciatica
- Carpal tunnel syndrome
- Fibromyalgia

Chronic pain may result from a disease or injury, medical treatment (such as surgery), inflammation, or a problem in the nervous system, or the cause may be unknown.

Pain can affect quality of life and productivity, and people who have pain may also have difficulty moving around, trouble sleeping, anxiety, depression, and other problems.

WHY YOU SHOULD AVOID JOINT REPLACEMENT SURGERY

Joint replacement surgery is a complicated and potentially risky type of medical procedure that carries the risk of significant side effects. While it may be necessary in some cases, patients should avoid it whenever possible and consider regenerative treatments as an alternative. These treatments can relieve pain and inflammation without the need for invasive surgery and have been shown to have significantly fewer risks than traditional joint replacement surgery.

With joint replacement surgery, patients risk experiencing complications such as infection, blood clots, and nerve damage. The recovery process can also be extended and uncomfortable, with many patients taking weeks or months to recover from their operations fully. Furthermore, these surgeries require costly implants, which must be replaced regularly due to wear and tear.

Regenerative treatments offer an excellent alternative to joint replacement surgery for those looking to avoid invasive procedures. These treatments use naturally occurring substances in the body, such as platelet-rich plasma (PRP), bone marrow, and donor tissue. These therapeutics demonstrate the ability to both signal and offer adipose tissue, cytokines, proteins, peptides, and growth factors that work together to promote healing in damaged joints. These treatments have been clinically proven to reduce pain and inflammation while also helping protect against further damage or degeneration of afflicted joints.

The safety profile of regenerative treatments is considerably better than that of joint replacement surgeries; there is minimal risk of infection or other serious side effects when undergoing these treatments. Also noteworthy is that they address the underlying cause of joint pain rather than simply masking symptoms as painkillers do – this means they are more effective at providing long-term relief than other medical options available today.

Finally, regenerative treatments cost significantly less than joint replacement surgery due to their non-invasive nature, meaning more people can access them even if their healthcare plans do not include coverage for such procedures.

We understand how difficult it can be for those who suffer from severe joint ailments – which is why we specialize in providing safe and effective regenerative treatment options for our patients that help restore mobility without the need for risky surgical procedures like joint replacements surgeries.



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WHAT IS REGENERATIVE MEDICINE?

Regenerative treatments offer an excellent alternative to joint replacement surgery for those looking to avoid invasive procedures. These treatments use naturally occurring substances in the body, such as platelet-rich plasma (PRP), adipose tissue, bone marrow, and donor tissue. These therapeutics can signal and offer cytokines, proteins, peptides, and growth factors that work together to promote healing in damaged joints. These treatments have been clinically proven to reduce pain and inflammation while also helping protect against further damage or degeneration of afflicted joints.

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At the center, regenerative medicine can be used to address this chronic inflammation and the catabolic environment in the joint. Aside from treating arthritic conditions, other regenerative medicine applications include helping injured tissue heal quicker and more robustly than before and treating chronic wounds caused by diabetes or poor circulation.

Key Benefits:



Surgery Free



Drug Free



Quick Procedure



Quick Recovery



Minimally Invasive

TREATMENT OPTIONS & HOW THEY WORK

Trigger Points:

Trigger points are tight bands of painful muscles and fascia that can contribute to chronic and acute pain syndromes. They can result from injuries, repeated movements, sedentary work, or living habits. They can also cause daily discomfort and extreme limitations in your life. Trigger point injections help relieve irritated muscles, excessive muscle tightness, and muscle spasms using anesthetic solutions injected directly into the muscle.

Prolotherapy:

Prolotherapy stimulates the body's healing processes to strengthen and repair injured and painful joints as well as strengthen connective tissue, which not only addresses injuries and arthritis from aging but also helps to address hypermobility conditions. Prolotherapy uses a specific concentration of dextrose, a naturally occurring sugar, with local anesthetic and vitamins to help heal injured tendons, muscles, and ligaments and treat pain from arthritis. Instead of masking the pain with a potent anti-inflammatory like cortisone, Prolotherapy also helps heal the injured tissue by stimulating your body's cells to strengthen and repair damaged tissue, which helps stabilize joints to reverse and prevent pain. Prolotherapy may require a series of shots at the injury or weakened area.

One can expect improvement of symptoms following the first injection, but complete resolution may require additional injections.

Platelet Rich Plasma:

Platelet-rich plasma (PRP) injections use your body's platelets to help you heal from musculoskeletal injuries, arthritis, and nerve pathologies. Platelets are natural components of the blood responsible for healing and repairing wounds and damaged tissue. We can utilize PRP to address pain, tearing, and dysfunction of tendons, ligaments, joints, and nerve-related pain.

First, blood is collected and then centrifuged to separate and concentrate the platelets. Then, we inject the concentrated platelets into the injury or painful area using image guidance to initiate a robust healing response that will decrease pain and improve connective tissue function.



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BONE MARROW ASPIRATION

Various types of stem cells are found throughout our bodies. They are activated to help us heal following an injury. Depending on their environment, they have the ability to renew and possibly differentiate into various types of cells including those in bone, cartilage, and muscle. Some of the most valuable stem cells, mesenchymal stem cells, and growth factors can be found within our bone marrow. Some of the most valuable growth factors can be found within our bone marrow. Bone marrow can be extracted and concentrated safely in the office to create a therapeutic solution to address a variety of pain concerns in the spine, peripheral joints, and tendon or ligament damage to name a few.

We call this procedure an autologous bone marrow aspirate and concentrate (BMAC) procedure.

As we age and enjoy life, we are constantly exposed to states of degeneration or 'break down.' Wear and tear within the spine and other joints can cause chronic pain that may lead to surgery and loss of activity or enjoyment of life. The root cause of this degeneration can be addressed with BMAC to create an anabolic or a state of growth within joints to address not only pain but also cartilage and tissue loss. This procedure works by; establishing a healing cascade which promotes cell recruitment, changes the micro-environment, and modulates the immune and inflammatory system in the painful joint/area of the body.

The downtime following this procedure is minimal and results are sustainable.

Alternative treatments including steroid injections usually accelerate degeneration and are used up until joint replacement, spinal fusion, or other surgical interventions are warranted.

Pre-procedural counseling to optimize nutrition and vitamin/amino acid supplementation is done at least one week prior to treatment to optimize results. The aspiration, processing, and injection take about 1-2 hours and you are usually able to drive yourself to and from the clinic. The downtime following this procedure is minimal and results are sustainable.

Post-procedure after-care is simple and people may notice a significant reduction in pain immediately following treatment and certainly after 1 month.



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AN INTERVIEW ABOUT REGENERATIVE THERAPIES

To learn more about how our regenerative treatments work, what the treatment process is like and post-treatment recovery details, watch this video interview featuring Dr. Klee Bethel.

Dr. Klee Bethel. In this video, Dr. Bethel discusses the following:

- What regenerative medicine is
- How it works and what it treats
- Why it may be a better option for most patients
- How the treatment process works
- And more!



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WHAT TO EXPECT DURING TREATMENT

Because treatment does not involve general anesthesia or surgery, the process is pretty simple. Here's what you can expect on the day of your treatments:

1: After you check in with the front desk, you will be taken back to the exam room for a 10–15-minute pre-procedure consult and a brief physical exam. In addition, you will be asked to complete a survey to help us track your improvements. We will use this survey again in the follow-up period at 3, 6, 12, and 24 months post-procedure.

2: The procedure itself is minimally invasive and will last between 45-90 minutes. You will be monitored afterwards until you are ready to be released for the day. You are able to drive yourself home after the procedure.

SYMPTOMS & CONDITIONS WE CAN TREAT:

- Chronic Neck Pain
- Tendinitis
- Undiagnosed Pain
- Radiculopathy
- Non-Healing Fractures
- Whiplash Syndrome
- Headaches & Head Pain
- Back Pain
- Failed Back Surgery
- Sciatica, Pain Down The Leg
- Arthritis
- Bursitis
- Hip, Knee & Shoulder Pain
- Sacroiliitis
- Hand, Feet, Ankle & Wrist Pain
- Loss Of Function & Mobility

Complimentary Consultation

Would you like to take advantage of a complimentary 15-minute consultation to learn more about how you can overcome joint pain without surgery or opioids? If so, contact us today!

Call (602) 960-8514

At the center, we are here to support you on your journey to pain-free health. We practice innovative therapies and treatments designed to accelerate healing, reduce inflammation, and prevent and reverse chronic pain using healing properties and methods native to the body, but not all treatments are the same.

Experience for yourself why we lead as a clinic for non-opioid and non-surgical pain treatment, offering therapies such as acupuncture, gua sha, cupping, physical manipulation, cold laser, BEMER, therapeutic injections, and more.



Dr. Sarah Trahan's primary focus is to improve her patients' quality of life by helping them to find relief from both acute and chronic pain. She strives to address the root cause of her patients' concerns and to educate them so that they can make informed decisions about their health.



Dr. Mareshah Dunning's goal is to find innovative solutions for pain, performance, and quality of life in athletes and the everyday person. She emphasizes a whole-person approach to treatment and patient care.



Klee Bethel, MD has practiced interventional pain management and regenerative medicine exclusively for the last 20 years. In addition, Dr. Bethel is the current chief of staff of a local orthopedic speciality hospital. He is also the Director of the Neil Riordan Center for Regenerative Medicine.



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WE'RE HERE FOR YOU!

Contact us to learn more about how we can help you overcome the pain without surgery or opioids.



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