

Our procedures are non-surgical alternatives that use precise image-guided injections of your body's own natural healing agents to treat shoulder injuries.

Shoulder arthritis impacts nearly 25% of adults, yet many of the other treatments still used today deliver less than ideal results. Research has shown that surgery is unreliable and that commonly used nonsurgical alternatives can do more harm than good. For example, steroids can break down cartilage<sup>1</sup> and kill cartilage cells in arthritic joints.<sup>2</sup>

## Does Surgery Prevent Shoulder Arthritis?

A 2015 study looked at 100 shoulders 13 years after they were treated surgically. The research found that the operated shoulders had just as much arthritis as that reported by other studies in patients who didn't get surgery.<sup>3</sup>

Moreover, shoulder replacement is a major surgery involving amputation of the shoulder joint and insertion of a prosthesis. Such an invasive surgery involves a long recovery time and the risk for serious complications. In addition, 40% of shoulder replacements in patients younger than 55 fail within 10 years.<sup>3</sup>

## Procedures for Shoulder Arthritis

Our procedures for degenerative arthritis of the shoulder joint can be a better alternative for people looking to avoid surgery, lengthy recovery, and overuse of prescription pain medication. Best of all, our regenerative medicine procedures spare normal body biomechanics helping you to remain active for your lifetime.

## Patient FAQs



### What Is Shoulder Osteoarthritis (OA)?

The cartilage in your shoulder is there to help reduce the friction in the joint and to cushion the bone. When cartilage starts to wear down or is injured by metabolic syndrome (i.e., overweight, high blood pressure, and high triglycerides), that's called arthritis. It leads to chronic shoulder pain, stiffness, limited shoulder function, and decreased mobility.



### **Why Does Shoulder Arthritis Hurt?**

What might surprise you is that it's not the lost cartilage that causes the pain but rather the chemicals your body releases in response to inflammation.



### **Does Rotator Cuff Surgery Lead to Shoulder Arthritis?**

Research suggests that those who have shoulder osteoarthritis before rotator cuff surgery for massive tears are at greater risk for re-tears and a much higher risk for progression of arthritis after surgery.(3) Additionally, a percentage of patients who don't have shoulder arthritis prior to rotator cuff repair will develop it after the surgery.



### **What Causes Bone Spurs?**

When a bone begins to get spurs (osteophytes) — extra extensions of the joint that are your body's reaction to instability — it is trying to stabilize the joint. So removing spurs is rarely a good idea