

It's been a bit more than 4 months since my Regenexx™ Stem Cell Therapy and I thought it might be a good time to catch you up with my progress.

When I decided to go this route instead of any other remedy, I wasn't certain *how* things would change; I just knew that they would.

Recapping quickly: in addition to the lack of cartilage and bone-on-bone problems on the lateral side of my right knee, I had been having serious issues with my ankle and severe pain behind my knee, although my MRI showed no "Baker's cyst".

Dr. Kruse was pretty certain that these two issues would eventually resolve themselves after the stem cell procedure. Slowly, I believe they are. My ankle is much less sore and the pain behind the knee is almost non-existent.

I can't say that I don't have any pain though. In fact, the pain I do experience seems to occur in places it never had in the past. It is, however, minor relative to the pre-procedure experience.

On days when I do a lot of walking or teach a particularly energetic yoga class my knee will ache. I also *seem* to be affected by severe weather changes; but, I'm not certain of that.

I am able to now sit cross-legged again – though not for an entire class. I am about 90% into a restorative pose – child's pose – when I couldn't do it at all for the past year or so. I am still not quite able to get into "pigeon" pose on my right side though.



"Child's Pose"



"Pigeon Pose"

I have no trouble going up or down steps; and, unless I'm trying to peel myself out of my friend's tiny sports car, I don't have problems getting into or out of an automobile. This past weekend, I was able to hike over 3 miles on uneven terrain without much problem.

I turned 69 a few of weeks ago and looking back over the 50 years since my knee was damaged in an accident, I believe I have better range of motion and am more pain free than I have been in several decades.

During my 30's and 40's, I ran a fair amount but always wrapped the knee in an elastic bandage. If I can muster up the courage and get strong enough, I don't think that will be necessary in the future.

I do find that sitting for prolonged periods of time are deadly – everything hurts including my knee and it tends to stiffen up a bit; but, it loosens up as I move about pretty quickly.

I think the only real issues I have are in the “strength” department. I've lost a lot of my muscle mass in my right thigh – for which I am probably at least partially to blame.

I think that because my knee was so damaged for so long, it is probably taking longer for some things to resolve themselves. My knee is “changing” and so the structure of the leg is also changing.

I work with a structural therapist who is delighted with my progress and believes that I will continue to see good progress going forward.

I am often asked that, knowing what I know now, would I repeat the procedure and if I would recommend it to others.

To the former question – I can answer absolutely – yes. In fact, I have thought about the possibility that I would have another round in the future as the statistics are showing that a second regenerative procedure often delivers better results than the first. That is down the road for sure.

To the latter, I would suggest that my experience will not be your experience and that you will want to go through the process slowly, methodically, and decide after you've had your consultations with your doctor.