

# Regenexx vs. Surgery

	Regenexx Procedure	Traditional Surgery	Comments
<b>Purpose?</b>	Promote the body's natural healing mechanisms.	Remove and suture injured tissue. Remove natural tissue and joints.	Regenexx Cayman treatments are a trusted alternative to orthopedic surgery. Advanced stem cell and PRP injections can help repair damage to tendons, ligaments, cartilage, muscles, and bones (non-surgically).
<b>How Is It Performed?</b>	Inject your natural healing cells after isolating and concentrating them.	Uses scalpel, hardware, or artificial components to remove, suture or replace injured tissue.	Regenexx Cayman treatments are needle-based. The physician uses image guidance to precisely target the problem area and boost the body's healing ability.
<b>Invasive?</b>	Less Invasive	More Invasive	Regenexx Cayman physicians use a precise, image-guided technique to replenish your damaged area. This minimally invasive treatment enables your body to begin the process of self repair, while lowering the risks associated with orthopedic surgery.
<b>Scarring?</b>	No Scar	Scar	There are no visible scars with injections at Regenexx Cayman.
<b>Need for Hospitalization?</b>	No	Yes	Regenexx Cayman treatments are out-patient, with no need for hospitalization, and a shorter recovery time than traditional orthopedic surgery.
<b>Need for Pain Medications?</b>	Weeks	Months	Regenexx Cayman treatments are less invasive and require less need for pain medication. Patients may need pain medication for one or two weeks post-procedure, with many patients requiring much less. Traditional surgery pain medication requirements can vary from a month to two months.
<b>Need for Bracing?</b>	Possibly	Possibly	Regenexx Cayman treatments and surgery may require bracing after the procedure. This depends on what part of the body is treated or what surgery was performed.

# Regenexx vs. Surgery



	Regenexx Procedure	Traditional Surgery	Comments
<b>Insurance Coverage?</b>	Not usually	Yes	Regenexx Cayman treatments are not typically covered by insurance, but this depends on the insurance provider and service.
<b>Out-of-Pocket Cost?</b>	Yes	Yes	Both options require out-of-pocket expenses. Regenexx treatments start at USD\$1,400 for PRP and USD\$7,000 for stem cell therapy. The out-of-pocket cost for surgery depends on the insurance plan, the deductible, the out-of-pocket maximum, co-insurance, etc. Invasive surgery may also result in lost work wages due to longer recovery time.
<b>Other Options If the Treatment Fails?</b>	Yes	No	If a surgery fails or pain returns after a surgery, there are few other treatment options, other than additional surgery to remove more tissue or replace the artificial components. If a Regenexx procedure fails or pain returns, a patient can easily repeat the treatment, pursue other injection-based treatments, or, if severe enough, move on to surgery. Regenexx Cayman treatments do not limit the ability to get a surgery in future if needed. Some surgeries limit the ability to get a Regenexx Cayman treatment in the future.

# Regenexx vs. Surgery

	Regenexx Procedure	Traditional Surgery	Comments
<b>Down Time/Activity Restrictions?</b>	6 Weeks	2-3 Months or more	Regenexx procedures require significantly less down time compared to the surgical alternative. Recovery time after a Regenexx procedure is typically reduced by more than 60%. Most patients are back to normal daily activity within a few days, with modified activity over the first 6 weeks post procedure. Surgical procedures may require months of down time and activity restrictions.
<b>Need for Physical Therapy?</b>	Twice a Week for 6 Weeks	Twice a Week for 3 to 4 Months	Physical therapy is a vital component to healing with both Regenexx and surgical procedures. Most Regenexx procedures require less time in physical therapy than the surgical alternative and better post-procedure function allows the immediate implementation of PT.
<b>Lost Time from Work?</b>	Less	More	The majority of people are back to work within the same week of a Regenexx procedure. Depending on the procedure and location, there may be some recommendations for temporary work restrictions. Some traditional surgical procedures require the patient to miss months of work.
<b>Risks/Complications?</b>	Minor	Serious	Regenexx procedures utilize cells from your own body, are minimally invasive, use only a needle, and therefore have significantly reduced risks/ complications compared to the surgical alternative. Nerves, blood vessels and lymphatics are uninterrupted. The most common adverse reaction after a Regenexx procedure is some temporary increased pain and swelling at site of treatment. Traditional surgery has significantly higher risk for infection, bleeding, blood clots, heart attacks/strokes, pulmonary embolism, allergies to medications/artificial components, and post procedure pain.