Dr. Fontaine is board-certified in Physical Medicine and Rehabilitation and has over 20 years experience treating spine, sports and other musculoskeletal injuries. Based on his training as a physiatrist, his treatment emphasizes functional restoration with a goal of getting you back to the activities you enjoy at the highest level with the least amount of pain. Dr. Fontaine has had extensive training in Regenerative Medicine including Platelet Rich Plasma (PRP) and Bone Marrow Aspirate Concentrate (includes adult stem cells) injections to treat musculoskeletal injuries and degenerative conditions.

Advantages of Stem Cell Therapy

• All natural, promotes rebuilding your own healthy tissue
• Minimally Invasive
• Significant pain reduction
• Help convert an injured area of “degeneration” to one of “regeneration”
• Minimal to no down time
• Avoid surgery - many patients can avoid joint or spine surgery with Stem Cell Therapy
• Very safe - less side effects compared to steroid injection or surgery
• No risk of rejection - stem cells are harvested from and reintroduced into your own body

Make an appointment today to see if Stem Cell Therapy is right for you!

925.469.6274

STEM CELL THERAPY

Regenerative Therapy to Naturally Treat Spine, Joint and Soft Tissue Pain
How Can Stem Cell Therapy Help You?

When treatment with medication, physical therapy, bracing, PRP, etc. does not provide symptomatic relief, Stem Cell Therapy can help your body heal injured tissue causing you pain.

If you are suffering from one of the following conditions, you may be a candidate for Stem Cell Therapy.

**Chronic Spine Pain:** Back or Neck pain from disc degeneration, facet degeneration and Sacroiliac joint pain

**Knee Osteoarthritis (“Degenerative Joint Disease”)**

**Hip Osteoarthritis (“Degenerative Joint Disease”)**

**Shoulder Osteoarthritis (“Degenerative Joint Disease”)**

**Tendon injuries:** Tennis elbow, Golfer’s elbow, Rotator Cuff Tendon, Achilles Tendon, Hip Tendons, Hip Bursitis, Patellar Tendon

**Ligament injuries:** Knee (ACL, PCL, MCL, LCL), Plantar Fasciitis

What Is Stem Cell Therapy?

Stem Cell Therapy can repair tissues that are too damaged to heal on their own. Through Stem Cell Therapy, a patient can leverage the body’s ability to heal itself by injecting regenerative cells into damaged tissue to initiate growth of healthy tissue. These cells have the potential to regenerate injured cartilage tissue, bone, muscle, tendon, ligaments and vertebral disc cartilage.

Stem cells are a special type of cell present in both embryos and adults, but only adult stem cells are currently used in clinical application, as they do not raise any ethical issues. These specialized stem cells can replicate themselves or transform into different types of cells and thus are involved in the body’s natural healing process. These cells reduce inflammation and enhance regeneration by signaling local cells to produce cartilage and thus repair painful damaged tissue. “Stem Cell Therapy” is not just injection of stem cells, but injection of Bone Marrow Aspirate Concentrate, which is a concentration of stem cells, other healing cells and proteins.

What Are The Expected Results?

This treatment is designed to promote long-term healing rather than being a “quick fix”. Initially, there may be some increased pain for about a week, but patients begin to see significant improvement in symptoms over the following weeks. Some patients may benefit from injection of Platelet Rich Plasma (PRP) about 1-4 weeks after the stem cell injection to obtain optimal results. Most patients respond well to just one Stem Cell injection, but at times the procedure is repeated in several months.

Stem Cell Therapy For Back and Neck Pain

Disc and facet joint degeneration is a common cause of back pain and disability. Until recently, therapies did not exist to slow or reverse the degenerative process, leaving medications or surgery as the only alternatives to treat chronic pain. Regenerative therapies for the spine are a promising state-of-the-art option for treating chronic back and neck pain from disc degeneration.

How Is It Performed?

Adult Stem Cells are found in high concentration in bone marrow. Through a minimally invasive procedure using ultrasound or fluoroscopic (x-ray) guidance, the patient’s bone marrow is aspirated from the back of the hip. This aspirate is then placed in a FDA approved centrifuge to concentrate the stem cells and other desired cells and separate out the undesired cells. This Bone Marrow Aspirate Concentrate (BMAC) is then injected into the site of injured tissue using appropriate imaging guidance. A local anesthetic is used to minimize discomfort during the procedure and the process takes about 60 minutes.