Treating ACL Tears with Stem Cells



[Knees](http://www.regendoctor.com/conditions-treated/knee/) are the largest joints in our bodies. They’re also amongst the hardest working joints, allowing daily flexion, extension and slight internal and external rotation of the legs. As being one of the most used joints, they are also the most commonly injured.

Within the knee is the “Anterior Cruciate Ligament (ACL), one of the four major ligaments of the knee joint that coordinate function and promote stability of the knee joint [and] provides roughly 90 percent of stability in the knee joint,” as[defined](http://orthosurg.ucsf.edu/patient-care/divisions/sports-medicine/conditions/knee/anterior-cruciate-ligament-injury-acl/) by UCFS Department of Orthopaedic Surgery, who also [report](http://orthosurg.ucsf.edu/patient-care/divisions/sports-medicine/conditions/knee/anterior-cruciate-ligament-injury-acl/) that, “ACL injury has an annual incidence of more than 200,000 cases with 70 percent of cases occurring while playing agility sports.”

Though the majority of [damage to the ACL](http://www.regendoctor.com/conditions-treated/knee/) is dominantly sports related, injury can occur in any case in which there is sudden stopping, twisting or pivoting, unbalanced landing from a jump, or attempt to regain balance from a stumble or fall. People experience degrees of damage that can range from partial to complete tear of the ACL, resulting in a variety of symptoms depending on the severity of injury including:

* Feeling a “giving out” in the knee
* Hearing a “pop” at the time of injury
* Immediate pain when ligament tears
* Severe swelling, tenderness, and/or stiffness
* Inability to bear weight on the knee
* Overall difficulty walking normally

Traditional treatment for acute ACL tears or injury consists of invasive operative procedures which consist of at least six to nine months of [physical therapy](http://orthosurg.ucsf.edu/patient-care/divisions/sports-medicine/conditions/knee/anterior-cruciate-ligament-injury-acl/) before the patient can return to normal levels of functioning and activity.

However, [stem cell therapies](http://www.regendoctor.com/treatment-options/) available at [Regen Doctor](http://www.regendoctor.com/) offer a viable alternative for those who may be considering surgery due to a partial or complete non-retracted ACL tear. By using [PRP](http://www.regendoctor.com/treatment-options/) and/or [stem cell treatments](http://www.regendoctor.com/treatment-options/), surgical procedures and related risks can be avoided.

[Regenerative treatment options](http://www.regendoctor.com/regenerative-medicine/) utilize the body’s own signaling cells to heal a site-specific area of an affected limb, allowing accelerated regeneration of joint tissues in the ACL. These non-operative procedures are provided in-office, with recovery time averaging a few weeks for patients, as opposed to many months of rehabilitation post surgery.

[Stem cell therapies](http://www.regendoctor.com/treatment-options/) are trusted and proven orthopedic treatments to help alleviate pain and regain function of the knees from ACL tears or sprains.

[Contact us](http://www.regendoctor.com/contact-us/) a [Regen Doctor](http://www.regendoctor.com/) in Ventura County to learn more about [regenerative medicine](http://www.regendoctor.com/regenerative-medicine/), and to find out if your a candidate for this revolutionary treatment for healing your ACL injury.