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## Rethinking the Costly “Knee Jerk” Response to Knee Pain

Second to back pain, **knee pain** is one of the most common musculoskeletal (MSK) issues.<sup>1</sup> **Its impact on quality of life, lost productivity, and healthcare costs is very real.**<sup>2</sup>

For example, *knee osteoarthritis (OA)* patients had almost **\$8K more per-patient-per-year healthcare costs** compared with controls, according to a cost analysis.<sup>3</sup>

If knee pain patients don’t respond to initial conservative care (like PT, oral pain medications, or steroid injections), physicians often give an automatic, **knee-jerk response: “The only remaining option is surgery.”**

Depending on diagnosis, etc., surgical options range from *arthroscopic knee surgery* to *total knee replacement (TKR)*.

However, **surgery isn’t always the last, best, or necessary option**—nor is it without considerable physical and economic downsides.<sup>4-10</sup>

**The good news is that Regenexx provides another option:** non-surgical *interventional orthobiologics (IO)* procedures that can **reduce the cost of individual surgeries by up to 70%.**<sup>11</sup>

Having such an option can make a difference in light of **common knee surgeries like TKR, which incur high direct and indirect costs.** This includes expenses related to potential complications, surgery revisions, time off work for recovery, and more.

**See the Regenexx difference for yourself.** Evaluate Regenexx knee procedure outcomes data [here](#) and **take a look at how research on TKR measures up against that on IO** below. The knee-jerk response to recommend TKR doesn’t appear to be well founded.

## Research Comparison of **Total Knee Replacement** vs **Interventional Orthobiologics**

Total Studies Reviewed vs Selected Meta-analyses or RCTs vs Conservative Care	RCT Comparing TKR Against Sham	TKR Better than Conservative Care	TKR the Same or Worse than Conservative Care (injections, PT)	Surgical Evidence Supporting Use	Interventional Orthobiologics Evidence Better than Conservative Care, Placebo, or Sham	Interventional Orthobiologics Worse than Conservative Care (PT)
344/1	None	1 RCT	None	Weak	19 RCTs (24-42)	0

Leading the market in healthcare benefits innovation means rethinking “knee-jerk” responses to addressing knee pain.

**Lead the Way**



## Regenexx<sup>™</sup> in the Spotlight



Regenexx was recently honored with the **Employer Health Innovation Roundtable (EHIR) Traction Award**.

This award recognizes innovators who have won the most interest from employers.

What is the  
**Regenexx**<sup>®</sup>  
Corporate Program?

The Regenexx Corporate Program provides **MSK cost savings for self-funded employers**. According to a Validation Institute cost-savings analysis, **procedures using Regenexx injectates were ~50% less expensive than the surgery avoided.**<sup>11</sup>

The program continues to see traction among employers, brokers, and third-party administrators who have chosen to partner with us. The Regenexx benefit is no cost to add and simple to include in any self-funded healthcare plan.

Learn how adding the Regenexx benefit can **reduce costs by up to 70%** on individual surgeries while offering members a new option in care.<sup>12</sup>



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6151 Thornton Avenue, Suite 400  
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*Cost avoidance estimates for individual groups are not reflective of the potential cost avoidance estimates for another group. Any estimate of cost avoidance for a group is specific to their employee population. To understand how your company's surgical experience may relate to the Regenexx approach, you can request a [Regenexx Corporate Program Impact Study](#).*

*Cost savings estimates: Physicians within the licensed Regenexx network indicate the surgical procedure for which Regenexx provider patients are a candidate. The Regenexx Corporate Program then measures the actual cost of the procedure using Regenexx lab processes against the cost of the surgical alternative. While the Regenexx Corporate Program does post service reviews and assess a percentage of Regenexx provider patients, not all these cases have been verified by a third party. Fair cost estimates based on Denver, CO ZIP code. In some cases, a generic "arthroscopy" cost estimate had to be used when a detailed condition-specific estimate was unavailable.*

*Like all medical interventions, procedures using Regenexx lab processes have a success and failure rate. Regenexx provider patient reviews and testimonials in this email should not be interpreted as a statement on the effectiveness of regenerative therapy for anyone else. Industry professional reviews and testimonials reflect the experience of that entity with the Regenexx Corporate Program. To discuss what a partnership with Regenexx could look like for your company or client, [contact our team](#).*

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12. Regenexx data on file.

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