



Photo used for illustrative purposes only and is not that of an actual Regenexx patient.

SEPTEMBER 2024 | VOLUME 25

Regenexx Patient Experience: Mark Venable

Often, brokers want to know more about what a Regenexx patient’s experience is like—before, during, and after their Regenexx procedure. In this month’s *RAW Newsletter*, we’ll take a closer look at the journey of an actual Regenexx patient, Mark Venable.

We recently caught up with Mark and discussed the difference his Regenexx procedure made for his knees.

Regenexx: What was it like for you before your **Regenexx-SD** procedure?

MV: I could feel the bone on bone and hear cracking and popping in my knees. I was told by an orthopedic surgeon to avoid walking for exercise and to only ride a bike instead because it’s low impact.

Regenexx[®]
Real Patient Experiences

PATIENT Mark Venable	EMPLOYER Clearent by Xplor
REGENEXX NETWORK PHYSICIAN Laura Lendermon, MD	
CLINIC Lendermon Sports Medicine & Regenerative Orthopedics Collierville, TN	

Individual results of the Regenexx procedures will vary depending on a number of factors, including the patient’s diagnosis, condition severity, overall health, and others. To inquire about candidacy for a Regenexx procedure, call (877) 341-5968.



Regenexx: What made you decide to try Regenexx?

MV: We got some emails at my company about it. After 6 months, I was determined to learn more one day, so I called a coworker who had received a Regenexx procedure. He said **it reduced his pain and that was all I needed to know.**

Also, Dr. Lendemon said that a lot of people are told that the next step when they're bone on bone is a knee replacement. Her answer to that was **"We think we can do better than that."**

Regenexx: *How has it been since your Regenexx procedure?*

"It's like I have new knees—it's great. I can't recommend it highly enough."

*—Mark Venable,
Regenexx Patient*

MV: During recovery, there was **no pain, no need to avoid walking, and no crutches.** I did a few weeks of physical therapy. (My knees were fine but my quads were sore at first because I hadn't done a ton of walking in probably 6 years.)

Now I can walk for exercise, go up and down stairs, and ride my bike, all without pain. The last time I went for a walk a couple days ago, I actually added in some light jogging as well, which I haven't been able to do in years.

It was better than I ever imagined. I appreciate everybody who is making this happen, this new technology, and **it has made a stark difference in my movement every day.**

Learn More

Regenexx® in the Spotlight

Regenexx recently published a **study** in *BMC Musculoskeletal Disorders* that compared patient-reported outcomes of stem cells from bone marrow concentrate (BMC) injected by Regenexx physicians with exercise therapy for rotator cuff tears.¹

Check out this quick breakdown of study highlights:

Regenexx Study: Image-Guided Injections of Stem Cells from BMC vs. Exercise Therapy for Rotator Cuff Tears



Study participants:

- 51 total rotator cuff tear patients
- Injections of stem cells from BMC=34, exercise therapy=17



Patients receiving injections of stem cells from BMC reported:

- **At 3 months: Significantly more improvement** (vs. exercise therapy group)
- **Through 2-year follow-up period: Continued progress and no serious adverse events**

2 Years After Injections of Stem Cells from BMC (% change based on patient-reported scores)

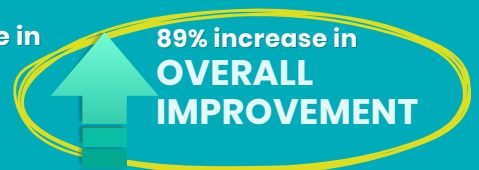
Only **2%** of patients who received injections of stem cells from BMC had surgery during 2-year period



89% decrease in IMPAIRMENT



92% decrease in PAIN



89% increase in OVERALL IMPROVEMENT

What is the
Regenexx
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.**²

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.³



**Contact a Regenexx Corporate
Program Sales Representative**



Regenexx
Corporate Program

6151 Thornton Avenue, Suite 400
Des Moines, IA 50321


regenexxcorporate.com

877-341-5968



ACCREDITED
BUSINESS





The doctors featured are independent contractors who have licensed intellectual property from Regenexx for the preparation of medical injectates. The inclusion of these doctors is solely for informational purposes, and nothing in this newsletter content or other marketing materials should be interpreted as establishing an employer-employee relationship, partnership, or agency between Regenexx and the doctors. Likewise, these doctors are not professionally trained or licensed by Regenexx.

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](#).

The information provided by Regenexx is for informational purposes only and is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Regenexx is not a teaching institution or medical practice, and does not engage in the training of physicians or the practice of medicine. Physicians listed on the Regenexx websites are independent contractors who have licensed certain Regenexx intellectual property. Nothing on the Regenexx webpages, the Regenexx blog, any informational videos, or other marketing materials should be interpreted as endorsing a particular physician or establishing an employer-employee, partnership, or agency relationship between Regenexx and any physician.

© Regenexx Corporate 2024. All rights reserved.

References

1. Centeno CJ, Fausel Z, Dodson E, Berger DR, Steinmetz NJ. Percutaneous bone marrow concentrate and platelet products versus exercise therapy for the treatment of rotator cuff tears: a randomized controlled, crossover trial with 2-year follow-up. *BMC Musculoskelet Disord*. 2024;25(1):392. Published 2024 May 18.
2. Validation Institute. *Validation Report*. Published 2023. Accessed May 14, 2024.
3. Regenexx data on file.

Regenexx will never sell your information and is committed to your privacy. Read about our [Privacy Policy](#), the way we use information, and our commitment to data security.

If you decide that you're no longer interested in receiving the Regenexx at Work Newsletter, we'll be sorry to see you go. Please reply to this email to let us know you'd like to opt out of receiving future issues of the Regenexx at Work Newsletter.