

WHO

Roger Kruse, MD,
Medical Director of ProMedica
Regenerative Medicine

SPECIALTIES

Sports medicine,
regenerative medicine,
musculoskeletal (MSK) care

AFFILIATIONS

- Founder and Director, University of Toledo Primary Care Sports Medicine Fellowship program
- Team Physician for three Olympic games (Norway, 1994; Atlanta, 1996; Japan, 1998)
- Team Physician, U.S. Figure Skating Association
- Member, NCAA Committee for Competitive Safeguards and Medical Aspects of Sports, 2014-2018
- Chair, NCAA Competitive Safeguards and Drug Testing Committee, 2014-2018

WHERE

Toledo, Ohio



Toledo

Perrysburg



Roger Kruse, MD

Regenexx[®] at Work

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MSK Pioneer Profile

Roger Kruse, MD, Physician in the Licensed Regenexx Network

Q4 2025 may be winding down, but many benefits leaders are gearing up to address uncertainties looming over Q1 2026. Several key concerns, like steep premium hikes, are still up in the air at this newsletter's time of publication.

According to the recent Kaiser Family Foundation *Employer Health Benefits 2025 Annual Survey*, **family premiums cumulatively increased 26%** between 2020 and 2025. For 2026, small groups and individuals are bracing for **double-digit premium surges** on average. Many employers are attempting to control costs by adjusting benefit offerings, plan designs, and cost-sharing arrangements.^{1,2}

The healthcare landscape is in limbo.

Dated, reactive solutions are out.
Innovative, proactive care is in.

The future of MSK care is already here, and the physicians within the licensed Regenexx network are at the forefront.



Each physician in the licensed Regenexx network receives extensive training to provide **non-surgical options** for members experiencing pain related to MSK issues (such as osteoarthritis, joint injuries, spine pain, overuse conditions, and common sports injuries). **It's cutting-edge care—done with needles instead of scalpels.**

We often get asked about the network of licensed physicians: who they are and how they utilize the Regenexx approach to **help members postpone or avoid surgery.**

Recently, we had a brief Q&A with **sports medicine trailblazer Roger Kruse, MD**. We explored his experience as a physician in the licensed Regenexx network and the difference he's making in the lives of athletes and everyday people.

✂️: You're sought after nationally and internationally for your knowledge in sports medicine and MSK care as well as your experience in treating Olympian athletes. Can you tell us more about your current areas of focus?

RK: *I specialize in sports medicine and orthobiologics.* My focus is on treating the elbow, foot and ankle, hand and wrist, hip, knee, and shoulder.*

*Orthobiologics=naturally derived substances taken from a patient's own cells. Orthobiologics include platelet-rich plasma (PRP) and bone marrow concentrate (BMC), which contains stem cells.

✂️: Can you share a bit about how long you've been working as a physician in the licensed network and specializing in the application of the Regenexx patented protocol?

RK: *I became one of the first licensed Regenexx network physicians back in 2011.*

✂️: That's quite a while—nearly 15 years. Looking back, what has stood out to you the most about the Regenexx approach?

RK: *What I like most is the **quality of care**. The **platelet concentrations are higher** and the **stem cell concentrations are higher**, and it's just very easy to practice with the Regenexx patented protocol.*

✂️: It's true, **not all PRP is the same**. Our own research as well as that of others demonstrate that **dose and concentration are key for better outcomes**.³⁻⁷ That's why Regenexx pioneered the use of high-dose and super-concentrated platelets (Regenexx SCP injectate).

RK: *I also like the **Regenexx Provider Patient Registry**, which makes [me] able to follow how well [I] do with each patient, and it works great for us and for the patients.*

✂️: Yes, the registry is a one-of-a-kind database with many uses. Great to speak with you, Dr. Kruse. Thanks so much for sharing about your work and your experience with the Regenexx approach.

REACH OUT TO LEARN MORE ABOUT:

- **The network of licensed physicians**
- **How the Regenexx approach can make a difference for employers and members alike**

Contact Us

The Regenexx Provider Patient Registry is a valuable tool that provides **self-reported outcome, failure rate, and side effect data** collected from **>63,000 Regenexx provider patients** over **20 years** and going.⁸

REGENEXX PROVIDER PATIENT REGISTRY ADVANTAGES



SUPPORTS informed treatment decisions



SHAPES the development of Regenexx comprehensive cost-savings models



TRACKS complications that get reported and addressed by physicians in the licensed Regenexx network



REFINES the Regenexx candidacy grading process over time to ensure physicians remain current on who is likely to benefit from Regenexx protocol



ENABLES assessment of candidacy grades by physicians within the licensed Regenexx network to help Regenexx candidates understand the likelihood of benefiting from a procedure

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.**⁹

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.⁸



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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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