



## Regenexx<sup>®</sup> at Work

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 3-MINUTE READ

# Duke University + Regenexx: Real-World Research, Real Impact

We're honored to share that **Duke University has recently released an HEOR study** comparing the **health outcomes** and **long-term cost savings** of the Regenexx protocol to those of common orthopedic surgeries. The Duke study adds another exciting chapter to the Regenexx history of providing a **high-quality, high-value option in musculoskeletal (MSK) care**.

## Duke study overview<sup>1</sup>

**Population:** Anonymized, closed-claims data set of patients divided into two groups:

- **Patients with Regenexx protocol** (so all claims could be tracked before and after Regenexx protocol)
- **Patients who didn't receive Regenexx protocol**

Duke researchers took a **standardized approach** to their comparison, **matching similar demographics** and **healthcare utilization** between these groups.

**Study design:** Evaluation of **health outcomes** and **long-term cost savings**, with separate analyses on two areas: the **lumbar spine** and **knee**.



**Data sources:** The [Regenexx Provider Patient Registry](#) and a commercial insurance database.

**Time period:** The study followed patients for up to **4 years**.

## KEY TAKEAWAYS

- ✓ The **Duke Clinical Research Institute** at Duke University has **partnered with Regenexx** on a health economics and outcomes research (HEOR) study.
- ✓ The research compares the **health outcomes** and **long-term cost savings** of **procedures using Regenexx injectates** to those of **common orthopedic surgeries**. The study focused on the lumbar spine and knee, respectively.
- ✓ The study demonstrated that **patients with Regenexx protocol** had **lower total cost of care** and **significantly fewer downstream procedures** compared to those receiving surgery.
- ✓ The Duke research concluded that the Regenexx approach provides a **“high-value, cost-saving alternative”** to elective orthopedic surgeries.

### Duke Clinical Research Institute

#### HEALTH OUTCOMES AND LONG-TERM COST SAVINGS



##### Lumbar spine

- Lumbar fusion
- LFD<sup>\*</sup>



##### Knee

- Total knee replacement (TKR)
- Meniscectomy

vs.  
**Regenexx<sup>®</sup>  
protocol**

*\*LFD<sup>\*</sup>=laminectomy, foraminotomy, discectomy, and facetectomy.*

The Duke research reinforces what Regenexx data have long demonstrated when compared to surgery<sup>1</sup>:

- ✓ **Meaningfully lower total cost of care**
- ✓ **Lower surgical conversion rates**
  - Below reporting threshold for Regenexx protocol vs. 11% for TKR and 14% for spinal fusion, respectively
- ✓ **Significantly fewer:**
  - **Complications**
    - ~0 for Regenexx approach vs. 1–4% for surgeries
  - **Imaging services**
  - **Post-acute services<sup>†</sup>**
- ✓ **Reduced post-procedure resource use**
  - Patients with Regenexx protocol received **35% fewer physical therapy sessions** compared to patients who had TKR
- ✓ **Decreased reliance on opioids**

<sup>†</sup>Including skilled nursing facilities, inpatient rehabilitation facilities, and home health services.



Duke study conclusion: The Regenexx approach provides a **“high-value, cost-saving alternative”** to elective orthopedic surgeries.

**Reach out to learn more about the Duke study and the real impact the Regenexx approach can make.**

Also, look for forthcoming issues of the *Regenexx at Work Newsletter* for deeper dives into Duke study results.

**Contact Us**

Check out these Duke study highlights on cost savings over 4 years:

## Duke Study Cost Savings Highlights

Cost Savings for Regenexx<sup>®</sup> Approach vs. Surgery<sup>1</sup>

Time Horizon	Regenexx Approach vs. Spinal Fusion Cost Savings (Actual)	Regenexx Approach vs. TKR Cost Savings (External Costs)
1 year	~\$45,616 less	~\$13,753 less
2 years	~\$47,198 less	~\$11,892 less
3 years	~\$50,418 less	~\$11,071 less
4 years	~\$51,502 less	~\$11,795 less





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>2</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>3</sup> Contact your Regenexx Corporate Sales Representative to learn more.



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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 "arthroscoy" 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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**References**

- 1. Duke Clinical Research Institute data on file.
- 2. Validation Institute. *Validation Report*. Published 2023. Accessed May 14, 2024.
- 3. Regenexx data on file.

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