

STEMCELL LONGEVITA

Stem Cell Therapy for Bursitis: A Patient's Guide

Resolving Chronic Bursal Inflammation Through Regeneration



Your Journey to Regenerative Health Starts Here

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Understanding Bursitis

What Is Bursitis?

Bursitis is inflammation of the bursae — small, fluid-filled sacs that cushion bones, tendons, and muscles near joints. When bursae become inflamed, movement becomes painful and restricted. Bursitis most commonly affects the shoulder, elbow, hip, and knee, and can become chronic when inflammation persists beyond 6 weeks.

Causes and Symptoms

- Repetitive motions or sustained pressure on a joint, common in occupations and sports involving overhead movements.
- Sharp or aching pain in the affected joint, often worse with movement or pressure.
- Swelling, warmth, and redness around the joint area.
- Stiffness and reduced range of motion, particularly noticeable in the morning.

Chronic bursitis develops when the inflammatory cycle becomes self-perpetuating. Traditional treatments often provide only temporary relief, while stem cell therapy can break this cycle by addressing the underlying tissue dysfunction.

How Stem Cell Therapy Helps

Anti-Inflammatory and Regenerative Action

MSCs injected into the inflamed bursa release potent anti-inflammatory mediators that calm the chronic inflammatory response. They also promote tissue healing by stimulating the regeneration of healthy bursal lining and surrounding connective tissues. This dual action addresses both the symptoms and the underlying cause of chronic bursitis.

MSC therapy for bursitis has shown up to 80% reduction in pain scores and significant improvements in joint function in clinical studies, with results lasting significantly longer than corticosteroid injections.

Advantages Over Conventional Treatment

- Unlike corticosteroid injections, which can weaken surrounding tissues with repeated use, stem cells promote tissue healing and strengthening.
- Addresses the root cause of chronic inflammation rather than merely masking symptoms.
- No risk of tendon weakening or cartilage damage associated with repeated steroid injections.

80%

Pain Reduction

75%

Restored Range of Motion

92%

Avoid Surgical Intervention

Treatment at StemCell Longevita

Treatment Protocol

Our bursitis treatment involves ultrasound-guided injection of MSCs directly into the affected bursa. This ensures precise placement of cells at the site of inflammation. Treatment is typically completed in a single session and can address multiple bursae if needed.

Your Visit to Liv Hospital Ulus

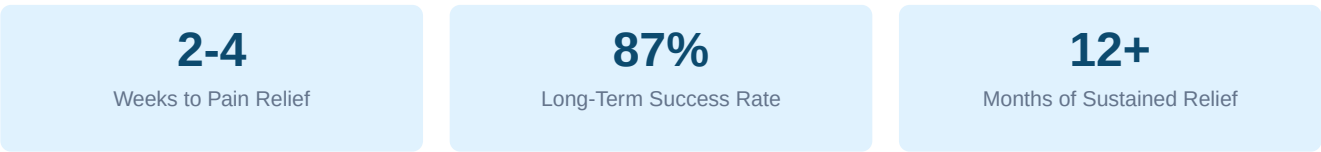
- Day 1 — Diagnostic ultrasound evaluation, physical examination, and treatment planning.
- Day 2 — Ultrasound-guided stem cell injection into affected bursae.
- Day 3 — Follow-up assessment and discharge with rehabilitation guidelines.

CHAPTER 4

Results & Recovery

Recovery Timeline

Most patients experience significant pain relief within 2 to 4 weeks. Full anti-inflammatory and regenerative benefits develop over 6 to 12 weeks. Return to normal activities is typically possible within 3 to 4 weeks, with gradual resumption of sports and strenuous activities over 6 to 8 weeks.



Getting Started

Candidacy and Next Steps

Stem cell therapy for bursitis is ideal for patients with chronic bursitis that has not responded to rest, physical therapy, and conventional injections. Contact us with your imaging and medical history for a free evaluation.

Frequently Asked Questions

How is stem cell therapy different from cortisone injections for bursitis?

Cortisone injections suppress inflammation temporarily but can weaken surrounding tissues with repeated use. Stem cell therapy promotes actual tissue healing and repair, providing longer-lasting relief without tissue damage.

Can bursitis return after stem cell therapy?

While stem cell therapy significantly reduces the recurrence rate, bursitis can return if the underlying mechanical cause (repetitive motion, poor posture) is not addressed. We provide rehabilitation guidance to minimize recurrence risk.

How many injections are needed?

Most patients require a single treatment session. Some chronic or recurrent cases may benefit from a follow-up injection 6 to 12 months after the initial treatment.

Is the injection painful?

The procedure is performed under local anesthesia, so discomfort is minimal. Most patients report the procedure as comparable to or less painful than a standard cortisone injection.

Medical Disclaimer

The information contained in this guide is provided for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Stem cell therapy outcomes vary by individual, and no specific results are guaranteed. The content herein reflects current scientific understanding and clinical experience as of the publication date but is subject to change as new research emerges. Always consult with a qualified healthcare professional before making any medical decisions. StemCell Longevita and its affiliated practitioners are not responsible for any actions taken based on the information in this guide. All medical treatments carry inherent risks, and patients should discuss potential benefits, risks, and alternatives with their treating physician.

Ready to Begin Your Healing Journey?

Our team of regenerative medicine specialists is ready to evaluate your case and create a personalized treatment plan.

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