

STEMCELL LONGEVITA

Stem Cell Therapy for Facet Syndrome: A Patient's Guide

Regenerative Treatment for Spinal Facet Joint Pain



Your Journey to Regenerative Health Starts Here

Table of Contents

Chapter 1

Understanding Facet Syndrome

Chapter 2

How Stem Cell Therapy Helps

Chapter 3

Treatment at StemCell Longevita

Chapter 4

Results & Recovery

Chapter 5

Getting Started

Frequently Asked Questions

Medical Disclaimer & Contact

Understanding Facet Syndrome

What Is Facet Syndrome?

Facet syndrome is a condition caused by degeneration or inflammation of the facet joints — the small stabilizing joints located at the back of the spine between adjacent vertebrae. These joints enable spinal flexibility and movement. When they become arthritic or inflamed, they produce localized back or neck pain that can be severe and debilitating. Facet syndrome accounts for an estimated 15-45% of chronic low back pain cases.

Symptoms

- Localized pain in the back or neck that worsens with extension (bending backward) and rotation.
- Pain that is typically worse in the morning and after periods of inactivity.
- Tenderness over the affected facet joints upon palpation.
- Referred pain patterns — lumbar facet pain may radiate to the buttocks or thighs, cervical facet pain to the shoulders or head.

Facet syndrome is frequently misdiagnosed as disc disease or muscle strain. Accurate diagnosis through diagnostic facet blocks or imaging is essential for effective treatment. Stem cell therapy targets the degenerated facet joint cartilage and inflamed synovium.

CHAPTER 2

How Stem Cell Therapy Helps

Joint Regeneration

MSCs injected into degenerated facet joints reduce synovial inflammation, promote cartilage repair within the joint surfaces, and release anti-inflammatory factors that break the chronic pain cycle. The regenerative effects address the underlying arthritic changes rather than simply blocking pain signals.

Stem cell therapy for facet syndrome offers a regenerative alternative to radiofrequency ablation (nerve burning), which only provides temporary pain relief by destroying nerves that eventually regenerate.

Treatment Advantages

74%

Pain Reduction

81%

Improved Spinal Mobility

18+

Months of Lasting Relief

Treatment at StemCell Longevita

Our Protocol

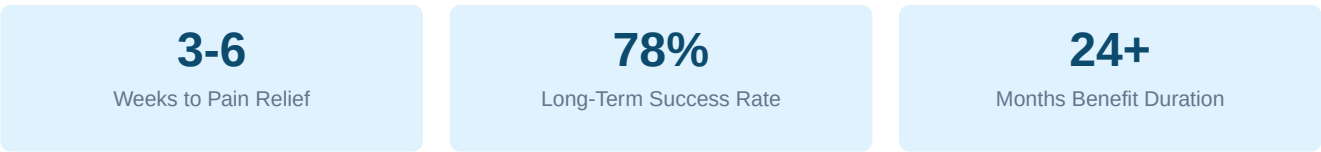
We use fluoroscopy-guided injection of MSCs directly into the affected facet joints. Multiple levels can be treated in a single session. Treatment is typically combined with a systemic IV infusion to address overall spinal inflammation.

Treatment at Liv Hospital Ulus

- Day 1 — Diagnostic evaluation with spinal imaging review and physical examination.
- Day 2 — Fluoroscopy-guided facet joint stem cell injection.
- Day 3 — Post-treatment assessment and discharge with rehabilitation program.

Expected Outcomes

Pain relief typically begins within 3 to 6 weeks. Most patients report significant improvement in back pain and mobility by 2 to 3 months. Benefits are sustained for 18 to 36 months, significantly longer than conventional facet joint injections.



Getting Started

Next Steps

If you have been diagnosed with facet syndrome or chronic spinal pain, contact us with your MRI and medical history for a free evaluation. Our spine specialists will determine if stem cell therapy can provide the lasting relief you are seeking.

Frequently Asked Questions

How is facet syndrome different from disc disease?

Facet syndrome involves the small joints at the back of the spine, while disc disease affects the cushioning discs between vertebrae. Both can cause back pain but have different pain patterns, with facet pain typically worsening with extension rather than flexion.

Can stem cells repair damaged facet joint cartilage?

Yes, MSCs can promote cartilage regeneration within degenerated facet joints. While complete cartilage restoration is uncommon, meaningful improvements in joint surface quality and pain reduction are well-documented.

How many facet levels can be treated?

Multiple levels can be treated in a single session, typically 2 to 4 levels depending on the extent of involvement. Treatment at multiple levels does not significantly increase risk or recovery time.

Is this better than radiofrequency ablation?

Stem cell therapy offers a regenerative approach versus the destructive approach of radiofrequency ablation. While ablation burns nerves for temporary pain relief, stem cells promote actual joint repair, potentially providing more lasting and comprehensive improvement.

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.

Email: info@flytocure.com

Website: stemcelllongevita.com

Liv Hospital Ulus, Istanbul, Turkey