

Stem Cell Therapy for Spinal Osteoarthritis: A Patient's Guide

Regenerating Spinal Joint Cartilage and Reducing Back Pain



Your Journey to Regenerative Health Starts Here

Table of Contents

Chapter 1

Understanding Spinal Osteoarthritis

Chapter 2

How Stem Cell Therapy Helps

Chapter 3

Treatment at StemCell Longevity

Chapter 4

Results & Recovery

Chapter 5

Getting Started

Frequently Asked Questions

Medical Disclaimer & Contact

Understanding Spinal Osteoarthritis

What Is Spinal Osteoarthritis?

Spinal osteoarthritis (also called spondylosis or spinal degenerative joint disease) involves the breakdown of cartilage in the facet joints and intervertebral discs of the spine. As cartilage degrades, bone spurs form, joints become inflamed, and nerves may become compressed. It is one of the most common causes of chronic back and neck pain, affecting the majority of adults over age 60.

Symptoms and Effects

- Chronic back or neck pain that worsens with activity and improves with rest.
- Morning stiffness and reduced spinal flexibility.
- Radiculopathy — nerve compression causing radiating pain, numbness, or weakness in the arms or legs.
- Spinal stenosis — narrowing of the spinal canal from bone spur growth and joint enlargement.

Spinal osteoarthritis involves both cartilage degeneration and bone changes. Stem cell therapy addresses the cartilage and inflammatory components, potentially slowing the progression of structural changes.

CHAPTER 2

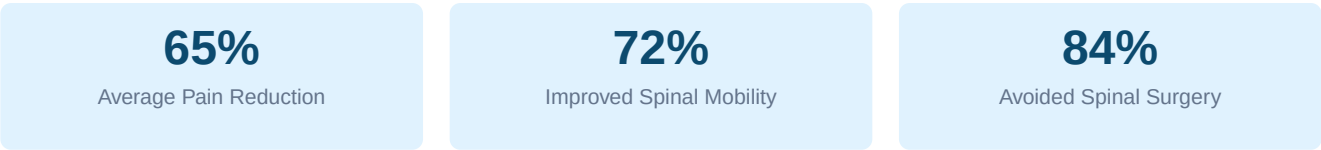
How Stem Cell Therapy Helps

Spinal Joint Regeneration

MSCs injected into degenerated spinal joints promote cartilage repair, reduce synovial inflammation, and improve joint lubrication. They also release anti-inflammatory factors that reduce nerve irritation and pain signal transmission. For disc-related arthritis, MSCs can support disc matrix regeneration.

Patients treated with MSC injections for spinal OA showed average pain score reductions of 65% and improved spinal mobility at 12-month follow-up in clinical studies.

Clinical Evidence



Treatment at StemCell Longevity

Our Spinal OA Protocol

We use fluoroscopy or CT-guided injections of MSCs into affected spinal joints, including facet joints and intervertebral discs. Multiple spinal levels can be treated in a single session. Treatment is combined with IV infusion for systemic anti-inflammatory support.

Treatment at Liv Hospital Ulus

- Day 1 — Spinal MRI review, physical examination, and treatment planning.
- Day 2 — Image-guided spinal stem cell injections under sedation and IV infusion.
- Day 3 — Post-treatment assessment and discharge with spine rehabilitation program.

Results & Recovery

Recovery Timeline

Pain improvement typically begins within 4 to 8 weeks. Mobility improvements develop over 2 to 4 months. Most patients achieve their best results at 3 to 6 months, with benefits sustained for 18 to 24 months.

4-8

Weeks to Pain Improvement

78%

Long-Term Success Rate

18-24

Months Benefit Duration

Getting Started

Next Steps

Send your spinal MRI and medical history for a free evaluation. Our spine specialists will assess the extent of your spinal arthritis and recommend the most appropriate treatment approach.

Frequently Asked Questions

How many spinal levels can be treated?

Typically 2 to 4 spinal levels can be treated in a single session. The number depends on the extent of your arthritis and overall treatment plan.

Will stem cell therapy help with spinal stenosis?

Stem cell therapy can reduce the inflammatory component of stenosis and improve symptoms. However, severe structural stenosis with significant bone spur compression may still require surgical decompression.

Can I avoid spinal fusion with stem cell therapy?

Many patients have successfully avoided or delayed spinal fusion surgery through stem cell therapy. The best candidates are those with moderate arthritis where symptoms are primarily driven by inflammation and cartilage loss rather than severe structural instability.

Is the injection procedure safe for the spine?

Yes, image-guided spinal injections have an excellent safety record when performed by experienced specialists. Our team uses real-time fluoroscopy or CT guidance for precise needle placement.

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