

STEMCELL LONGEVITA

# Stem Cell Therapy for Tendinitis: A Patient's Guide

Healing Chronic Tendon Inflammation at the Cellular Level





Your Journey to Regenerative Health Starts Here



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# Understanding Tendinitis

## What Is Tendinitis?

Tendinitis is inflammation or irritation of a tendon — the thick fibrous cords that attach muscles to bones. When tendons are overused or subjected to repetitive stress, micro-tears develop, leading to inflammation, pain, and reduced function. Common sites include the shoulder (rotator cuff), elbow (lateral and medial epicondylitis), wrist, hip, knee (patellar), and Achilles tendon.

## When Tendinitis Becomes Chronic

- Acute tendinitis often resolves with rest, but chronic tendinitis (tendinopathy) develops when the healing process stalls.
- Chronic tendinopathy involves disorganized collagen fibers, failed healing responses, and persistent pain.
- Traditional treatments (rest, NSAIDs, cortisone) often provide only temporary relief for chronic cases.
- Repeated cortisone injections can actually weaken the tendon and increase the risk of rupture.

*Tendons heal slowly due to their limited blood supply. Chronic tendinopathy is actually a degenerative process rather than pure inflammation, which is why anti-inflammatory treatments alone often fail. Stem cell therapy addresses the underlying tissue degeneration.*



## How Stem Cell Therapy Helps

### Tendon Regeneration

MSCs promote tendon healing by differentiating into tenocytes (tendon cells) that produce new, organized collagen fibers, releasing growth factors that stimulate the tendon's own repair mechanisms, promoting new blood vessel growth to improve tendon blood supply, and reducing the inflammatory mediators that perpetuate pain.

*A randomized controlled trial showed that MSC injection for chronic tendinopathy produced superior tendon healing on ultrasound and MRI compared to PRP or cortisone at 12-month follow-up, with 81% of patients achieving good to excellent outcomes.*

### Clinical Evidence

**81%**

Good to Excellent Outcomes

**73%**

Improved Tendon Structure on Imaging

**88%**

Return to Full Activity



## Treatment at StemCell Longevita

### Our Tendinitis Protocol

We use ultrasound-guided injection of MSCs directly into and around the damaged tendon. Precise placement ensures maximum cell concentration at the site of injury. Treatment is combined with PRP for enhanced growth factor delivery. Multiple tendons can be treated in a single session.

### Treatment at Liv Hospital Ulus

- Day 1 — Diagnostic ultrasound or MRI evaluation, physical assessment, and treatment planning.
- Day 2 — Ultrasound-guided tendon stem cell injection.
- Day 3 — Post-treatment assessment, eccentric exercise program initiation, and discharge.



## Recovery Timeline

Pain improvement typically begins within 3 to 6 weeks. Tendon structural improvements develop over 2 to 4 months. Return to full activity is generally possible at 2 to 3 months for most tendon injuries. Imaging improvements in tendon structure continue for up to 12 months.

**3-6**

Weeks to Pain Improvement

**2-3**

Months to Full Activity

**18+**

Months of Sustained Benefits



## Getting Started

### Next Steps

If you have chronic tendinitis that has not responded to conservative treatments, contact us with your imaging and medical history for a free evaluation. Our orthopedic team will assess whether stem cell therapy can resolve your tendon condition.



# Frequently Asked Questions

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## **How is stem cell therapy different from PRP for tendinitis?**

While PRP provides concentrated growth factors, stem cells offer a more comprehensive regenerative response — they produce growth factors continuously and can differentiate into new tendon cells. Many protocols combine both treatments for optimal results.

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## **Can I continue to exercise during recovery?**

Gentle range-of-motion exercises are encouraged. However, high-load activities on the treated tendon should be avoided for 4 to 6 weeks. We provide a graduated return-to-activity program specific to your injury.

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## **Will the tendinitis come back?**

Stem cell therapy promotes actual tendon repair rather than just symptom relief, resulting in lower recurrence rates than conventional treatments. Addressing biomechanical factors and activity modifications further reduces recurrence risk.

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## **How many injections are needed?**

Most patients require a single injection session. Severe or long-standing tendinopathy may benefit from a second treatment 3 to 6 months after the initial injection.

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## 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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