

STEMCELL LONGEVITA

Stem Cell Therapy for Tennis Elbow: A Patient's Guide

Resolving Lateral Epicondylitis Through Regeneration



Your Journey to Regenerative Health Starts Here

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Understanding Tennis Elbow

What Is Tennis Elbow?

Tennis elbow (lateral epicondylitis) is a painful condition caused by degeneration of the tendons that attach to the lateral epicondyle (outer bony bump) of the elbow. Despite its name, it is caused more often by work-related activities than tennis. It results from repetitive wrist and arm motions that strain the forearm extensor tendons, leading to micro-tears, failed healing, and chronic pain.

Symptoms and Impact

- Pain and tenderness on the outer elbow that may radiate into the forearm.
- Weakness in grip strength, making it difficult to hold objects, turn doorknobs, or shake hands.
- Pain worsened by wrist extension, gripping, and lifting, even with light objects.
- Symptoms typically develop gradually and worsen over weeks to months.

Tennis elbow is actually a degenerative condition (tendinosis) rather than acute inflammation (tendinitis). This is why anti-inflammatory treatments often provide only temporary relief. Stem cell therapy targets the underlying tendon degeneration.

CHAPTER 2

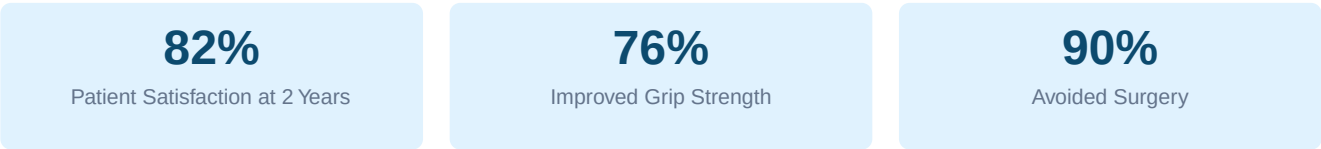
How Stem Cell Therapy Helps

Tendon Repair Mechanisms

MSCs injected at the lateral epicondyle promote healing of the degenerated extensor tendons by stimulating tenocyte (tendon cell) proliferation and organized collagen production, enhancing blood supply to the avascular degenerated area, clearing failed healing tissue and replacing it with functional tendon matrix, and reducing pain through anti-inflammatory mediator release.

A study in the American Journal of Sports Medicine demonstrated that MSC injection for lateral epicondylitis achieved 82% patient satisfaction and significant improvements in grip strength and pain scores at 2-year follow-up, outperforming corticosteroid injection.

Outcomes Data



Treatment at StemCell Longevita

Our Tennis Elbow Protocol

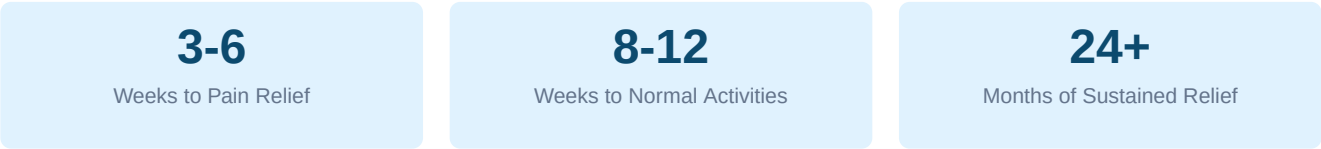
Treatment involves precise ultrasound-guided injection of MSCs into the common extensor tendon origin at the lateral epicondyle. The procedure takes approximately 30 minutes and is performed under local anesthesia. Both elbows can be treated in the same session if needed.

Treatment at Liv Hospital Ulus

- Day 1 — Diagnostic ultrasound, clinical evaluation, and treatment planning.
- Day 2 — Ultrasound-guided stem cell injection under local anesthesia.
- Day 3 — Follow-up assessment, exercise program instruction, and discharge.

Recovery Timeline

Pain improvement typically begins within 3 to 6 weeks. Grip strength recovery develops over 6 to 12 weeks. Most patients can return to normal activities by 8 to 12 weeks and full sports participation by 3 to 4 months. Long-term outcomes are significantly superior to cortisone injection.



Getting Started

Next Steps

If you have tennis elbow that hasn't responded to rest, bracing, or cortisone injections, stem cell therapy may be your solution. Contact us for a free evaluation and treatment recommendation.

Frequently Asked Questions

Why hasn't cortisone worked for my tennis elbow?

Cortisone temporarily reduces inflammation but does not repair the degenerated tendon tissue. Studies show that while cortisone provides short-term relief, it actually leads to worse long-term outcomes by weakening the tendon. Stem cell therapy addresses the underlying degeneration.

How long does the improvement last?

Most patients experience sustained improvement for 2 or more years, as stem cell therapy promotes actual tendon repair. This is significantly longer than cortisone injection, which typically lasts 3 to 6 months.

Can I still work while recovering?

Light work is generally possible within a few days. However, activities involving heavy gripping or repetitive wrist movements should be avoided for 4 to 6 weeks. Our team provides specific guidance based on your occupation.

Do I need to wear a brace after treatment?

A counterforce brace may be recommended for 2 to 4 weeks after treatment to reduce strain on the healing tendon. You will be advised on when to gradually discontinue brace use.

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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