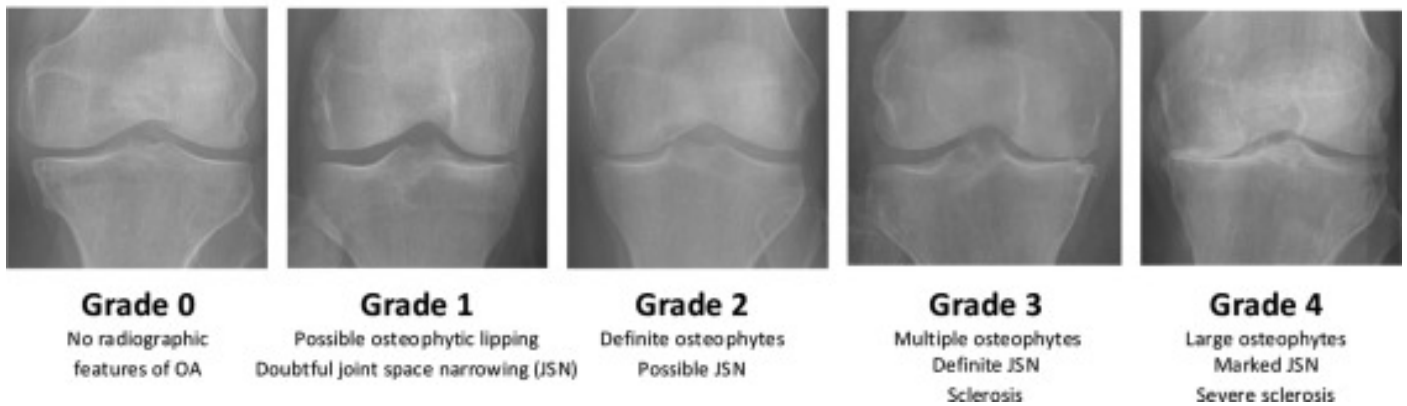


Knee:

Our office is a natural pain and regenerative clinic. Our goal is to reduce pain and inflammation without using any harmful drugs, such as steroids, followed by regenerative medicine to help regenerate affected joints. For regeneration, we use viscosupplementation, homeopathic medicines, peptides, and regenerative medicine, including human cellular tissue.

In our office, we use the Kellgren Lawrence (KL) grading scale, a way of reading and rating X-rays for the knee and hip. This scale helps us determine the best possible treatment options. For example, we have found that if the patient has a grade 0 or grade 1, they will respond well to rest, ice, therapy, homeopathic anti-inflammatory injections using traumeel, and viscosupplementation. Grade 2 responds well to prolozone therapy, peptides, and plasma treatments. Grade 3 responds well to Ozonated plasma and human cellular tissue. Grade 4 responds to bracing and human cellular tissue.

### Kellgren and Lawrence (KL) Grading System



The above list is only an example, and further evaluation must be performed. Many other factors need to be considered to make a final decision about which treatment method is to be used for the patient. Thus a thorough evaluation and even examination are performed.

Things that need to be checked and ruled out include if the patient has swelling or inflammation and or possible ligament or meniscal damage. In our office, we assess the entire body. Imbalances and problems in one area can affect another area. Lifestyle also plays an important role. If a person is overweight, diabetic, or has other issues, those can also affect the overall treatment method.

In our office, we have several services that are covered by most insurance, and then we have services that are not covered by any insurance. Many of our patients prefer a hybrid of treatments, meaning some are covered by insurance and paying for several that are not covered to get the best options.