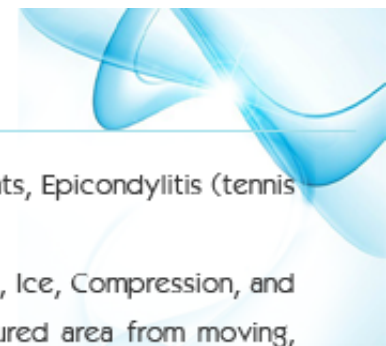


STEM CELL TREATMENT FOR SPORTS INJURIES



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Sports injury can happen to anyone. There are different types of sports injuries including, sprains & strains, achilles tear/tendinitis, shin splints, Epicondylitis (tennis elbow/golfer's elbow), rotator cuff tendinitis/tear, fractures, concussion, knee injuries, hip labral tears, back injuries.

When you get hurt, you must stop playing. Continuing to play or exercise can cause more harm. Treatment often begins with the RICE (Rest, Ice, Compression, and Elevation) method to relieve pain, reduce swelling, and speed healing. Other possible treatments include pain relievers, keeping the injured area from moving, rehabilitation, and sometimes surgery.

Exercising is good for you, but sometimes you can injure yourself when you play sports or exercise. Accidents, poor training practices, or improper gear can cause them. Some people get hurt because they are not in shape. Not warming up or stretching enough can also lead to injuries.

Prevention is always better than cure. So, you must try to avoid injury while playing any kind of sports.

stemcellcareindia providing best stem cell treatment for sports injuries in Delhi, India.

Symptoms

People who participate in sports are more likely than others of the same age to have muscle and tendon injuries and bone fractures. However, the health benefits far outweigh the cost in terms of sports injuries.

Sports injuries are most commonly caused by poor training methods; structural abnormalities; weakness in muscles, tendons, ligaments; and unsafe exercising environments.

Traumatic injuries account for most injuries in contact sports such as ice hockey, association football, rugby league, and rugby. Traumatic injuries can include:

- Strain — trauma to a muscle due to overstretching and tearing of muscle fibers
- Sprain — an injury in a joint, caused by the ligament being stretched beyond its own capacity
- Wound — abrasion or puncture of the skin
- Bone fracture — break(s) in the bone
- Head injury — concussions or serious brain damage
- Spinal cord injury — damage to the central nervous system or spine
- Cramp—a strong muscle contraction that can be very painful lasting in few minutes but massaging the muscles can relieve the pain.

Prevention helps reduce potential sport injuries and provides several benefits. Some benefits include a healthier athlete, longer duration of participation in the sport, potential for better performance, and reduced medical costs. Explaining the benefits to participate in sports injury prevention programs to coaches, team trainers, sports teams, and individual athletes will give them a glimpse at the likelihood for success by having the athletes feeling they are healthy, strong, comfortable, and capable to compete.

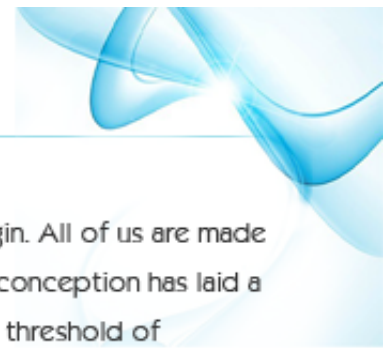
Diagnosis

Your own description of what happened normally makes the nature of the injury very clear to a doctor or sports injury specialist. There are also a number of standard tests for sports injuries; they all involve flexing the joint or tendon in question.

Depending on the nature of the injury, there's the option of X-rays and other scans, but these are usually only necessary in severe injuries and fractures.



ABOUT STEM CELL



Stem cells are a fundamental part of life formation...We, humans are polymorphic characters with diverse shapes, sizes but with the same origin. All of us are made by the blending of two cells called the "ovum" and the "sperm cells". Thus only two cells are accountable for forming a whole organism. This conception has laid a foundation for the terrific era of "Regenerative Medicine". In this era, due to the enormous progressions in the cellular biology, we are on the threshold of reconnoitring "Biological solutions to Biological problems". These stem cells are unspecialized cells with an astonishing aptitude to self-renew and are adept of segregating into tissue specific cells of the body. When called for an action by the body at the time of damage these cell undergo division giving rise to one daughter cell and one ancestor cell which is an transitional committed cell type formed before it completely segregate into specific cell type. Stem cells are classified by their potential to separate into other types of cells. The cataloging includes:

TOTIPOTENT : the aptitude to segregate into all possible cell types. Specimens are the zygote formed at egg fertilization and the first few cells that arise from the division of the zygote.

PLURIPOTENT : the aptitude to segregate into practically all cell categories. Specimens include embryonic stem cells and cells that are derived from the mesoderm, endoderm, and ectoderm germ layers that are formed in the commencement stages of embryonic stem cell differentiation.

MULTIPOTENT : the aptitude to segregate into a closely related family of cells. Specimens include hematopoietic (adult) stem cells that can become red and white blood cells or platelets.

OLIGOPOTENT : the aptitude to segregate into a few cells. Specimens include (adult) lymphoid or myeloid stem cells.

Types of Stem Cell

Stem cells can self-renew to make more stem cells or differentiate to form specialized cell types such as muscle cells, skin cells, nerve cells and fat cells. When a stem cell divides, three different cell types are formed having unique characteristics. Embryonic stem cell, Tissue or Adult stem cell, Induced pluripotent stem cell (iPSC)

Embryonic stem cells and adult stem cells have different abilities in the number and type of specialized cell types they can become. While embryonic stem cells can become many different types of cells in the body because it is pluripotent, adult stem cells can differentiate to form different cell types of the tissue of their origin only.



Induced Pluripotent Stem Cells (iPSCs) are genetically reprogrammed to express genes and factors vital for sustaining the unique properties of embryonic stem cells.

Why Mesenchymal Stem Cell

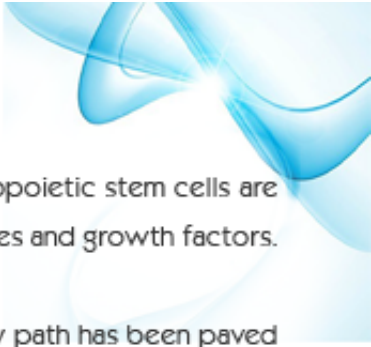
Umbilical cord tissue epitomizes a unique, straightforwardly accessible and noncontroversial source of initial stem cells that can be willingly manipulated. Studies that have equated the properties of mesenchymal stem cells derived from cord tissue with those derived from adult sources (such as bone marrow) have exemplified some vital differences:

- Cord tissue: derived mesenchymal stem cells seem to lack some immune suppression properties equated with adult mesenchymal stem cells.
- Cord tissue: derived mesenchymal stem cells lack class II HLA, while adult mesenchymal stem cells express these antigens. This might be chiefly imperative in enabling the acceptance of transplanted mesenchymal stem cells.
- Cord tissue: derived mesenchymal stem cells also express an array and level of particular cytokines that are diverse from those expressed by adult mesenchymal stem cells.

Thus, as immature cells, mesenchymal stem cells extracted from cord tissues have better therapeutic potential than adult cells. Studies have also revealed that cord tissue i.e. derived mesenchymal stem cells seem to have superior in-vitro capacity for extension and shorter magnifying times; they can thus generate a bigger cell mass in fewer time than can be attained with adult stem cells. This property might be related to greater length of chromosomal telomeres, which have been found to condense with augmented rounds of cell division. This advocates that primitive mesenchymal stem cells have a greater aptitude to enlarge in culture than do adult mesenchymal stem cells, possibly owing to their relative youth.

The promise and science of stem cells

Stem cells have three unique qualities which make them important for normal deterioration of the body. First, they are undifferentiated cells adept of giving rise to any tissue specific cells. Secondly, they are capable of lengthy self-renewal having limitless life span and thus upholding their number intact. Thirdly, they are able to elicit secretion of certain hormones and growth factors at the location if injury to enable damage repair.



These cells are able to regenerate damaged organ systems of the human body via formation of new cells within the system itself e.g. hematopoietic stem cells are adult stem cells refilling all blood cells. These stem cells hasten the production of blood cells by creating microenvironment beset with hormones and growth factors. Thus, in other words, stem cells are promising contenders for 3R's i.e. Repair, Regenerate and Rejuvenation.

For quite some time, scientists have examined the role these stem cells play in renewing the tissues of those systems. In the last decade, new path has been paved for the individuals who have lost hopefulness with the conventional treatment for hazardous and incapacitating diseases. Scientists have been able to derive stem cells in the laboratory that are not particular to specific organ systems. These stem cells are secluded from your own body to decrease the probabilities of rejection and other opportunistic infections after again putting back into your body. With the great relocation and homing capacity, these cells live in the targeted region to start the procedure of regulation.

Adverse Reaction

We comprehend that patients might have apprehensions about adverse reactions to the treatment. Possible side-effects of stem cell therapy may differ from individual to individual; any complications depend upon the type of processes you are undergoing.

Side-effects experienced by our patients are consistent with predictable reactions for routine IV and LP injections. The most common reactions to the treatment are fever, headache, diarrhea, leg pain, vomiting and allergic reactions. Less than four percent of patients experience any of these signs.

The most common reactions to the stem cell treatment are:



How do our stem cells work?

Stem cells, called the 'future of medicine' have remarkable qualities besides being the potential contenders for treating many fatal diseases. This unique quality of stem cells have left us to wonder "How can a group of cells; plunging from a single original cell is used to treat ailments?" Well, the answer lies in the mechanism of how stem cells work! Though the science does not have a thorough answer to this query, but surely it has a justification. There are lots of proofs from the gathered research and clinical data that these are the creator cells i.e. they have the ability to develop most of the cells of the body.

They are indistinguishable cells lying inactive in the body. At the time of wound, these cells are triggered by the convoluted molecular machinery and signaling mechanism, which will control their fate. In addition to being segregated to specialized cells thus renewing a tissue; these cells also function as bricks. Bricks those are adept of excreting certain signals that bring the brick mason and general contractor to the overhaul. This phenomenon is called as peregrine effect. With the assistance of cell to cell signalling, these cells secrete certain chemicals such as growth factors, hormone, cytokines which act as regulatory devices to arrange the repair job. Intrinsic messaging between stem cells is fundamentally a key to activate sequence of cellular pathways thus mending the cells and acting as a stimulant to replace impaired cells. Thus giving rise to the most imperative advantage of stem cells i.e. 3R's i.e. regeneration, repair and rejuvenation.

Though stem cells are trivial, but they are indeed very smart...

How and where is the therapy done?

You have taken the right decision of getting treatment done at StemCellCareIndia and so you will be informed about the time and date on which you have to meet our representative. Our representative will take you to the expert at the hospital for a thorough consultation after which you might undergo radiology and/or pathology tests if mandatory. Once the test outcomes are back, the specialist will discuss your treatment modalities in depth. You are cheered to ask as many queries as you want to; feel entirely confident not just about the treatment but also about the surgeon and the hospital. All the treatments will be done under the medical investigation of the most amazing healthcare specialists such as neurologists, anaesthetists, neurosurgeons, cardiologists, orthopaedic doctor, radiologists and paediatricians. The hospitals are of topmost standards and a devoted team of exceedingly skilled physicians, patient counsellors and nurses looks after the patients. Furthermore, we offer other facilities for our outstation patients like travel help, hotel booking, transport, visa support etc.

Exclusion Criteria

- Hemoglobin below or equal to 10
- Patients with inherited blood disorders
- Denial to offer signed informed agreement
- Patient had medical surgery within six weeks before treatment initialization
- Pregnant or breast feeding females
- Severe cachexia and malnourishment
- Patients with negotiated immunity
- Positive serology for other communicable ailments.

Inclusion Criteria

- 18 years and older; If less than 18, parental sanction is needed
- Patients without chronic ailment
- Patient providing written agreement to receive treatment

The whole medical process at SCCI involves 4 steps:

- Gathering of Umbilical Cord Tissue & Maternal Blood
- QC Testing (Infectious ailment screening + Sterility Testing)
- Processing of Mesenchymal Stem Cell — P2 Final Product
- Stem cell implantation
- Post treatment care

Stem cell therapy is executed consistent with the ideologies of good manufacturing practice together with the most cutting-edge technologies and the finest medical standards that are available. The hazards associated with the adult stem cell therapy are almost insignificant. The therapy embraces the use of patient's own cells so the risk of rejection merely does not exist, which might be conceivable in case if a donor is used. Contingent upon the assessment the source of stem cells will be decided. It can either be bone marrow or adipose tissue. In some particular cases, we can offer stem cells gained from both the sources but the decision will exclusively be taken by the treating surgeon.

Quality standards

We run each client a Third Party Certificate (from a globally accredited lab) for the cell count and feasibility of the cells that we process from the allergenic mesenchymal stem cell certificate of Analysis (COA).

It is now a recognized fact that by harnessing the healing power of stem cells, it may be able to reverse impaired tissues back to normal function. With this in mind, StemCellCareIndia has embarked on a mission to cultivate safe and effective protocols for therapeutic applications, thus making widespread stem cell therapy accessible and economical, with a high success rate to improve the quality of life, for those in need.

All batches of stem cells at StemCellCareIndia undergo final testing before they are sanctioned for clinical application. During this procedure, they are tested for potency by cell counting and feasibility assessment. The purity of the stem cells is confirmed by differentiation assay, sterility testing and testing for the presence or absence of CD markers. The comprehensive quality control assessment also takes account of tests for mycoplasma, endotoxins and karyotyping. Once the stem cells are believed to be safe, each unit is considered fit-to-be out for therapy.



Stem cell implantation

Stem cells can be implanted in following ways such as:

- Intravenous Administration
- Intrathecal Administration (Lumbar Puncture)
- Intramuscular Administration
- Intra-arterial Administration via catheter
- Intravitreal Infusion
- Retrobulbar Infusion of cells
- Liberation Angioplasty for Multiple Sclerosis CCSVI
- Intra-Dermal Administration

Postoperative care

The stem cell therapy does not damagingly affect patients in any way. Generally, the patients are permitted to leave after few hours after the completion of the stem cell treatment. A 24-hour patient hotline number is there for any inquiries after their discharge. The concerned physicians or surgeons of the clinic also stay in contact with their corresponding patients through telephone or email. By doing this, they can get the precise feedback about their progress and also suggest further recovery if required. Say for example, in case of a diabetic patient, after hearing about the patient's present symptoms, the concerned doctor can recommend the needed dosage of insulin.

Treatment disclaimer

It is an imperative fact to comprehend that stem cell treatment in every prospect has the ability to diminish symptoms of numerous diseases. It also has the aptitude of ceasing several degenerative procedures, but one should also know that this treatment may not work for all kinds of patients. StemCellCareIndia does not have the right of forecasting or warranting the success of this treatment.

In harmony to the current condition of a patient, the medical team of StemCellCareIndia might propose the stem cell transplantation or may even withdraw the treatment under abnormal situations. However, in any case, the approval of the patient is a must. Keeping the patient's current health condition and unforeseen health hazards in mind, the medical staff might propose an alternative stem cell transplantation process. In exceptional situations, they may entirely cancel the treatment.



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