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	<b>ISBN:</b>	9783030755164	
	<b>Páginas:</b>	276	
	<b>Año:</b>	2022	
	<b>Edición:</b>	1	
	<b>Idioma:</b>	Ingles	
	<b>Disponible:</b>	<b>De 7 a 10 Días</b>	
<b>Precio:</b>	<del>145.00</del> 137.75	Iva no incluido	

**DESCRIPTION:**

This book explores the rapidly growing subspecialty of regenerative medicine in pain management. It provides concise guidelines and instruction for healthcare providers interested in implementing this novel therapy.

The book contains three sections and begins with a thorough introduction to the field. Additionally, section one examines various therapies such as stem cell collection, allograft therapies, and bone marrow aspirations. Section two then delves into the medical diagnosis and procedural guidance methods, including ultrasound imaging, discography, local anesthetics, and anticoagulation medications. Following this, section three concludes the book with numerous discussions on standardized treatment paradigms.

A unique, first-of-its-kind book, Regenerative Medicine seeks to inspire medical practitioners to integrate this subspecialty into pain management therapies and treatments.

**CONTENTS:**

**Section I - Basics of Regenerative Medicine**

- 1) Introduction to Regenerative Medicine
- 2) Prolotherapy
- 3) Blood Productsa. Platelet Rich Plasmab. Platelet Poor Plasma with Alpha-2-Macroglobulinc. Orthokine
- 4) Bone Marrow Aspirate/autologous stem cellsa. Techniquesb. Processingc. Applications
- 5) Stromal Vascular Fraction (Adipose)a. Techniques (Mechanical vs. Enzymatic)b. Legality
- 6) Fibrin
- 7) Allografta. Guidelines for allograftb. Umbilical cordc. Wharton's Jellyd. Amniotic Tissue
- 8) Autologous Expandeda. Bankingb. Expansion Rules & Regulationsc. Methods - Regenexx, etc

**Section II - Imaging, Guidance, & Planning**

- 9) Basics of Ultrasound
- 10) In Plane vs. Out of Plane
- 11) Probe Selection
- 12) Technical Aspects
- 13) Basics of Fluoroscopy
- 14) Fluoro Safety
- 15) Pre-Treatment Planninga. Imaging (i.e. MRI)b. Discographyc. Pre-procedure planning for u/s guided injections
- 16) Local Anesthetic & NSAID's

**Section III - Treatment Paradigms**

- 17) Tendon - Allograft, Autologous, Concepts, Studies and Recommendations
- 18) Ligament - Allograft, Autologous, Concepts, Studies, and Recommendations
- 19) Joint - Allograft, Autologous, Concepts, Studies, and Recommendationsa. Kneeb. Hipc. Shoulderd. Elbowe. Anklef. Hand/wrist
- 20) Axial Skeleton - Allograft, Autologous, Concepts, Studies and Recommendationsa. Intervertebral Discsb. Facetsc. SIJ
- 21) Wound healing a. Allograft, Autologous
- 22) Aesthetics a. Allograft, Autologousb. Hair regrowthc. Facials