

Oregon Regenerative Medicine

HOW TO SAVE YOUR KNEES

& avoid surgery

DIET

ONE pound of extra weight adds FOUR pounds of stress to your knees

Follow a health-promoting diet that helps you lose excess pounds and maintain your ideal weight. Include appropriate supplements & herbs.

EXERCISE

Weak muscles = weak joints

To be stable, a joint requires strong muscles for support. Engage in a Slow Burn workout combined with High Intensity Interval Training (HIIT).

AVOID DRUGS

NSAIDs & Cortisone cause more harm than good

Cortisone causes your cartilage to decompose. NSAIDS can cause leaky gut and they inhibit the ability of your body to repair and make new cartilage.

NATURAL TREATMENTS

Seek treatment that builds your cartilage & strengthens your knees

Regenerative injection therapy with Platelet-Rich Plasma & Stem Cells are both highly beneficial.

OREGON REGENERATIVE MEDICINE

We're here for you

We specialize in joint regeneration. Don't wait until you are bone-on-bone. The sooner you come see us, the sooner you'll be out of pain.

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