



REGENERATIVE MEDICINE

Your Guide to a Pain-Free Life
Without Pills or Invasive Surgery

At QC Kinetix, we're challenging the idea that pain is inevitable. We're the nation's leader in regenerative medicine, having helped tens of thousands of patients avoid risky surgeries, painful recoveries, and costly drugs riddled with lifelong side effects.

Seniors don't need to be burdened with unrelenting pain; adults don't have to live most of their lives suffering from an injury that happened years ago; and athletes can get back to training and competition without having to resort to steroids or going under the knife.

If you live your life in pain or can no longer do the things you enjoy, now is the time to take advantage of medical advancements that can improve your wellness and quality of life.

**That's the power of
regenerative medicine.**

You are a Good Candidate for Regenerative Medicine if You Have:

- Conditions that result in chronic joint pain, stiffness, or discomfort, including:
 - Moderate to severe osteoarthritis of the shoulder, hip, or knee
 - Meniscal tears or an ACL injury
 - Golfer's or tennis elbow
 - Chronic joint pain, tendonitis, or rotator cuff tears
 - Chronic pain in your back, neck, or sciatica
 - Unhealed fractures
 - Arthritis
- Conditions that prevent you from having surgery (very high blood pressure, weight concerns, uncontrolled diabetes, etc.)
- Allergies or addiction to common medications and painkillers

WHAT IS REGENERATIVE MEDICINE?



Regenerative medicine is a revolutionary form of medical care that delivers genuine pain relief without resorting to surgery or drugs. It's been a game changer for managing various conditions, including chronic musculoskeletal pain, muscle and ligament tears, tendinitis, and degenerative diseases like osteoarthritis.

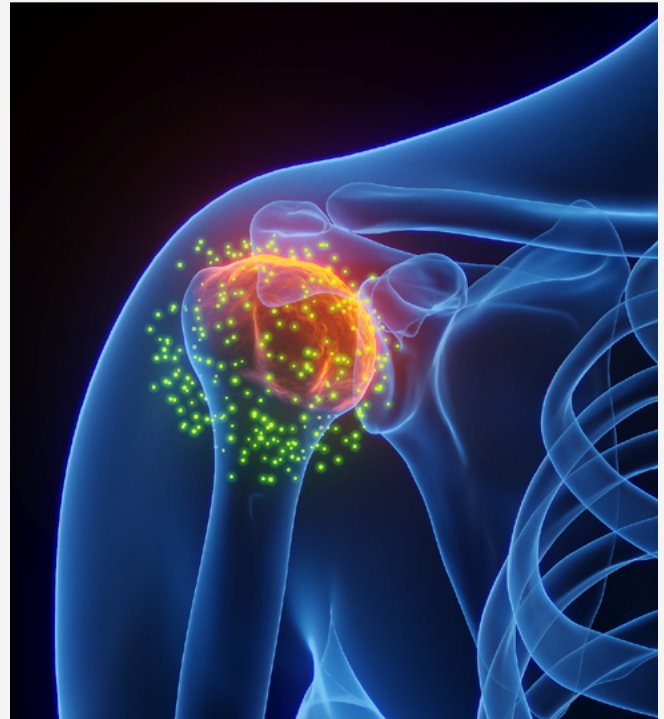
The human body has a natural ability to repair itself. Cuts heal, cells regenerate, and organs repair themselves over time. It isn't magic, and it's not supernatural. If you break a bone, a doctor will align the fracture, immobilize that part of your body, and simply wait until your body heals itself.

Regenerative medicine stimulates the body to increase its natural self-healing capabilities. It can alleviate pain, restore lost functionality, and facilitate recovery from diseases, damage, and the impacts of aging. Best of all, it does so without overly invasive procedures, risky surgeries, or medications that have lists of side effects longer than the fine print on an insurance contract.

Regenerative medicine treatments are patient-friendly approaches to resolving chronic conditions and improving overall health.

They **do not** require:

- Surgery or Other Invasive Treatments
- Long-term Drugs or Medications
- Anesthesia
- Scar Tissue or Other Damage to the Body
- Post-treatment Pain, Swelling, Bruising, or Wound Care
- Risks of Additional Injuries
- Unexpected Complications
- Lengthy and Painful Recoveries
- Long Stretches Away from Work/Activities
- Physical or Occupational Therapy
- Overly Invasive Procedures



REGENERATIVE TREATMENTS INCLUDE

- **Biologic Therapies:** leverage natural compounds and cellular therapies to stimulate the repair and regeneration of damaged tissues.
- **Bone Marrow Aspirate Concentrate:** a concentration of regenerative cells collected from bone marrow that promotes healing in the body.
- **Class IV Laser:** a type of deep tissue light therapy using lasers or LEDs to improve and repair tissue, reduce pain, and reduce inflammation.

IS REGENERATIVE MEDICINE A PSEUDOSCIENCE?

Regenerative medicine is a multidisciplinary scientific field backed by research conducted by biologists, chemists, doctors, and experts in computer science, engineering, genetics, and robotics. It's not a place for social media influencers and people with "Internet degrees."

As an emerging field of study and medical practice, regenerative medicine undergoes constant review, rigorous testing, and reliable oversight. It's recognized by the Mayo Clinic, closely regulated by the Food and Drug Administration (FDA), and has even undergone a thorough analysis by the Government Accountability Office (GAO).



The National Institute of Health recognizes the regenerative medical field as

“an emerging area of science that holds great promise for treating and even curing a variety of injuries and diseases.”

MEET OUR MAIN MEDICAL MANAGEMENT TEAM



Mitchell Sheinkop, MD **National Medical Director**

After 37 years as a joint replacement surgeon at Rush University Medical Center in Chicago, where he served as the Director of the Joint Replacement Program and ultimately, Professor of Orthopedic Surgery, Dr. Sheinkop graduated as Professor Emeritus into the emerging discipline of Regenerative Medicine, introducing the integration of clinical practice with clinical research. The result is Evidence Based Regenerative Medicine and multiple scientific outcomes publications influencing how the discipline is practiced and evolves.



Dr. Justin Michael Garzone, DO, FACP, FACOI, FHM

Dr. Garzone is board certified in Internal Medicine and graduated from Lake Erie College of Osteopathic Medicine. He completed internship and residency through Seton Hall University School of Health and Medical Sciences at St. Michael's Medical Center in Newark, New Jersey. Dr. Garzone is certified in hair restoration and shockwave therapy and has performed thousands of bone marrow aspirations and joint injections. He has been a collaborative supervising physician for many Nurse Practitioners and Physician Assistants throughout his career.

CONDITIONS TREATED

BY QC KINETIX REGENERATIVE THERAPIES



KNEE PAIN

One of the most common causes of knee pain is osteoarthritis (OA), which is a condition where the cartilage that protects and prevents friction between the knee's joint surfaces degenerates over time. This exposes bony surfaces that start to rub or grind against each other when the joint moves, resulting in pain, inflammation, and a grinding sound (crepitus) when the joint moves.

Surgery for knee pain relief involves replacing damaged parts of the knee (or the entire knee) with high-grade plastic or metal implants. Other treatments include medications, exercise therapy, and weight loss.

"I came to QC Kinetics due to knee agony. I'm talking agony that I've been putting up with probably close to 20 years... from the very first treatment, relief was had and I'm very thankful for it." - TONY

SHOULDER PAIN

Shoulder pain is commonly caused by injuries like rotator cuff tears, sprains, strains, fractures, and impingements. It can also be caused by aging or conditions like osteoarthritis, tendinitis, bursitis, rheumatoid arthritis, or neurologic disorders.

Traditional shoulder pain treatment—including replacement surgery, arthroplasty, and implants—can lead to complications like injuries to the surrounding tissues, fractures, nerve damage, dislocation, rotator cuff failure, or blood clots. This is all on top of long and challenging recovery periods.

"I had a severe tear in my rotator cuff... I couldn't bear with the pain... Everyone here was so helpful and explained the whole process to me. I have full mobility in my shoulder. I am back to doing everything I absolutely love." - KIM



ELBOW PAIN

Many different muscles, bones, ligaments, tendons, cartilage, and bursae converge at the elbow joint, which means that a sustained injury to any of these components will result in persistent pain and discomfort. Elbow pain is caused by single injuries, repetitive stress (resulting in bursitis, tennis elbow, golfer's elbow, and trapped nerves), and diseases like rheumatoid arthritis, osteochondritis dissecans, lupus, gout, and Lyme disease.

Common treatments include long-term anti-inflammatory medication or steroids, invasive surgeries, or braces and compression sleeves.



"I wanted to try something different because of the situation I live in. I didn't want to have to go through surgery. I went through all the treatments and I'm really sincere, it has made a huge difference in my life." - BECKY



"I had some tendonitis in my right elbow and it was very painful for about six months. I tried steroids injections, which just did not give lasting results...After the first one (QC Kinetix Treatment), I've already had great results." - NICOLE

WRIST PAIN

Chronic wrist pain makes every day a battle. It robs people of being able to create, play sports, or even do simple daily tasks pain free. Wrist pain has a wide range of causes. It's often the result of carpal tunnel syndrome, arthritis, tendonitis, bursitis, or inflammation due to overuse. It can also be the result of bone fractures, damage to the cartilage, tendons, or ligaments, nerve injuries, wrist tenosynovitis, or cysts.

Common treatments include rest, braces, compression, surgical intervention, and medications, but they often do not solve the underlying cause of the pain.



LOWER BACK PAIN

Eighty percent of Americans experience temporary or chronic lower back pain that limits their mobility. It's impossible to ignore, it is one of the leading causes of missed work, and has even been linked with depression. Back pain and stiffness are caused by a wide range of issues that include muscle strains, ligament sprains, herniated discs, structural issues like spinal misalignment, and degenerative conditions like arthritis and osteoporosis.

Treatment heavily depends on the cause, but surgery and lifelong use of medication aren't your only options.

"I had such a bad back that I was rolling out of bed, couldn't move, couldn't sit in the car for two hours, which made road trips impossible... After just a few short sessions in my back, I have been able to do things I haven't been able to do since I was 20...With QC Kinetix, I don't have to take steroids. I don't have to take pills. And surgery is definitely out of the question...I can't say enough good things about QC Kinetix and that team." - SCOTT

HIP PAIN

Your hips are a hardworking joint supported by a complex network of ligaments, tendons, and muscles. Together, they stabilize your pelvis and legs, which means they are also prone to injury and overuse. Hip pain is often the result of traumatic injuries to bones, cartilage, tendons, ligaments, or muscles; pain due to osteoarthritis, torn hip labrums, or tendon issues; or bursitis, iliotibial band syndrome, osteomyelitis, or pinched nerves. Regardless of the cause, hip issues can make walking, standing, or sitting unbearable. Many times, this leads to grueling, painful, and highly invasive hip replacement surgeries.

Common treatments include hip replacement surgeries, lengthy physical therapy, medications, and other invasive procedures.

"I am a stroke patient survivor, and I couldn't move my hip. They said it would take months, but it didn't take months. By the grace of God, and these lovely people here, I'm able to move better and play with my grandchildren, and go on dates with my husband." - DANEKA



ANKLE PAIN

Ankle pain is a small issue with big implications. It can severely limit your ability to walk, stand, or get through daily tasks like bathing and dressing. Many types of ankle pain are the result of overuse, sudden impact injuries, sprains, and strains, but they can also be caused by nerve impingements, internal joint issues, autoimmune disorders, arthritis, gout, Achilles tendinitis, and even foot misalignment.

While home remedies such as rest and ice can provide temporary relief, they are not an appropriate long-term pain management strategy. In the worst-case scenarios, surgery is necessary.



FINGER AND TOE JOINT PAIN

The joints in your fingers and toes may be small, but they contain an incredibly high concentration of nerve and pain receptors, making our extremities especially sensitive to excruciating pain and discomfort that prevent normal everyday use.

Whether caused by injury, degeneration, nerve damage, infections, arthritis, or disease, finger and toe pain are commonly treated with lifestyle changes. You can change your diet, exercise more, or use RICE (rest, ice, compression, elevation) for the rest of your life. You can also undergo invasive surgery or deal with the side effects of medications.

“My joint pain was located in my ankles. I had suffered with this for 25 years...I’ve been to three different orthopedic surgeons and their solution was ankle replacement, which is not guaranteed that it’s going to work...I came in to QC Kinetix about 8 months ago and started the treatment that same day. By the time I walked out, after about an hour of being here, I was pain free.” - ALAN



“I’ve had issues with arthritis in both my thumbs...It’s really helped, I’m a big believer. I’m mostly pain free... I’m back to doing what I need to do on a daily basis.” - BRANDON



HAND AND FOOT PAIN

Living with hand or foot pain can be limiting. Hobbies can become too painful to pursue, and even daily activities like buttoning your shirt, typing, or showering can become a chore. This pain can worsen at night, disrupting your sleep and causing further complications in your life. From trauma to arthritis and conditions like carpal tunnel syndrome, peripheral neuropathy, fibromyalgia, or even Reynaud's disease, many different things can cause debilitating hand and foot pain, leaving you the choice of either dealing with the lifelong issue or subjecting yourself to surgical intervention.

Surgical intervention and painkillers are often used to treat hand and foot pain. Some patients also try occupational therapy and light exercise.

"I had a fracture in my foot and three surgeries total...I came in and was referred here as my last option before I was about to amputate my foot, and I was in 11 out of 10 pain. I did my last injection today and I am now at a three. I can live my life, and I have kids I can play with now." - AMANDA

TENDON AND LIGAMENT PAIN

Tendons are resilient bands of tissue that connect muscles to bones, while ligaments provide a similar connection from bone to bone. While resilient, these parts of your body are not invulnerable. They can become stretched and strained due to injury and can even degenerate over time. Tendon injuries can manifest in many ways, including tendonitis (like tennis or golfer's elbow), tendinosis, and tears, and ligaments can also be susceptible to overuse and tears. If these issues persist, they can cause long-term pain, reduced mobility, and other issues that require medications and even surgery.

Compression, rest, and OTC medications are often used as short-term treatments, but surgery and physical therapy are the most common long-term treatments.

"My hands were so numb that I couldn't pick up my silverware to eat. My son, who lives at my house, had to cut up my meat for me or anything like that...Now I can do all that myself."

- PATIENT IN EUGENE, OREGON



ARTHRITIS PAIN

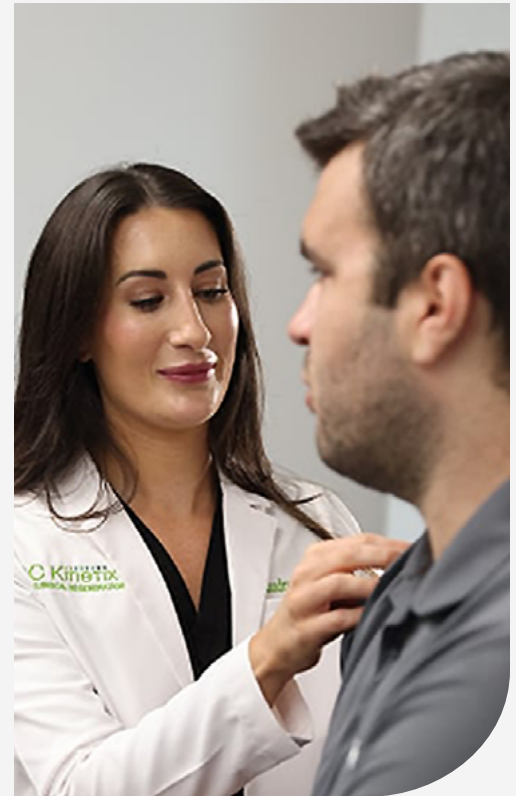
Nearly 22% of all adults in America have arthritis, making it one of the leading causes of work disability and pain in adults. This chronic, lifelong disease affects the joints, causing them to swell and become tender and inflamed. This leads to pain, stiffness, and an impaired range of motion that is hard to manage. There are over 100 types of arthritis and related conditions, and all of them can potentially worsen with age and overuse.

Many people turn to anti-inflammatory medications, corticosteroids, and surgery to reduce their pain and get back to a normal routine in their lives.



"I had TMJ and it developed into arthritis, especially in the left side, to the point where it was difficult to eat, talk, yawn. I started with the first injection and saw almost immediate help with really everything...I can do almost everything normally with very minimal pain and I'm not even done yet."

- PATIENT IN FALL RIVER, MA



HOW DOES THE TREATMENT PROCESS WORK?

Have you ever been made to feel like an inconvenience at your doctor's office? Have you ever been rushed in and out without the chance to ask your questions or feel heard? We understand, and that won't happen here. We never forget the human being who has the painful condition we are asked to address. We will always treat you with care and compassion while working to alleviate your pain.

WE'VE SET OURSELVES APART WITH A UNIQUE TREATMENT APPROACH

Non-Surgical Solutions:

Surgery should be a last resort for everyone, which is why we provide a multifaceted approach that includes alternative treatments that ensure minimal downtime and lower risks. We have your health and best interests in mind. If we think surgery is the only option, we will let you know.

Regenerative Potential:

We design therapies that bolster the body's natural and innate healing processes, focusing on repairing and rejuvenating damaged tissues directly at the pain source. We treat damaged joints, muscles, tendons, ligaments, cartilage, and tissue using non-surgical injections and other innovative protocols and treatments.

Cutting-Edge Techniques:

By staying at the forefront of medical advancements, we bring the latest in regenerative medicine for the most effective pain relief solutions. Everything we do is evidence based, tested, and has been used by patients all over the world.

Customized Treatment Plans:

Recognizing that every patient is different, and that pain experiences are highly different from person to person, we offer personalized solutions based on your unique circumstances. Our advanced regenerative pain relief treatments are specially crafted to address the specific root causes of your discomfort.

Every treatment protocol is different, but the general flow of our treatments follow a similar path:

- You'll have a one-on-one consultation with a provider, which includes an in-depth evaluation of your joints, medical history, and any x-rays, surgical procedures, imaging reports, or previous treatments you've had. If you're medically qualified, your provider will design a treatment protocol that is exclusive to you.
- Next, you'll review your treatment protocol with a patient care advocate. They will outline the length and cost of treatment, as well as the steps your treatment protocol will follow. You'll know exactly what will be involved in treating your condition. If you're willing to move forward, they will review your financial qualifications, financing options, and forms of payment.
- Treatment can start that same day! Most protocols have 3–5 steps that are spaced about 2–4 weeks apart. Before each treatment, a provider will evaluate your condition and progress to make any necessary changes.

IS QC KINETIX RIGHT FOR YOU?

Our Regenerative Treatments vs. the Other Options

QUICK FACTS ABOUT ORTHOPEDIC SURGERIES

Up to 23% of Total Hip Replacement Patients and 34% of Total Knee Replacement Patients Have Long-Term Pain After their Procedure.

Up to 12% of Patients will Need a Second "Revision" Surgery after their Initial Procedure.

The Recovery Time for Orthopedic Surgeries Can Be as Long as a Year

THE DANGERS OF SURGERY

Any surgical procedure can lead to complications, up to and including permanent disfigurement and death. Even after the procedure is over, the recovery process is still long and with pain, discomfort and other complications.

According to Johns Hopkins Medicine, some of the discomforts and complications that can occur after surgery include:

- Shock (severe drop in blood pressure)
- Blood loss or hemorrhaging
- The need for mechanical ventilation or oxygen
- Surgery to control bleeding
- Revision surgery (surgical procedures that need to be done)
- Prescription medication or antibiotics
- Deep vein thrombosis and pulmonary embolism
- Lung complications
- Urinary retention
- Adverse reactions to anesthesia
- Nausea and vomiting caused by general anesthesia
- Sore throat from the breathing tube placed in the patient's windpipe
- Soreness, pain, and swelling at and around the incision site
- Restlessness and disrupted sleep
- Excessive thirst
- Constipation and gas



THE DANGERS OF PAINKILLERS AND MEDICATIONS

Almost 82,000 people died of opioid overdoses in 2022, according to the [National Institute on Drug Abuse](#), a rate of about 225 people per day. The opioid epidemic is widely recognized and documented in the US, and it's partly due to the overprescription of painkillers and other drugs to Americans of almost all ages. These highly addictive medications—[which are misused by 2.5 million people](#)—are easy to become addicted to and hard to stop once they are overused.

Even for those who don't misuse opioids, the painkillers often come with temporary and lifelong side effects that include:

- Physical dependence
- Built up tolerance
- Respiratory depression
- Hyperalgesia (increased sensitivity to pain)
- Delayed gastric emptying
- Muscle rigidity
- Impacted immune systems
- Hormonal dysfunction
- Myoclonus (muscle jerks)
- Arrhythmia
- Itchy skin
- Dry mouth
- Sleep disordered breathing
- Increased risk of bone fractures
- Hypothalamic-pituitary-adrenal dysregulation
- Drowsiness
- Dizziness
- Nausea and vomiting
- Constipation

QC KINETIX REGENERATIVE MEDICINE VS. OTHER OPTIONS

Special Aspects of Our Practice	QC Kinetix®	Orthopedic Surgeons	Socialized Medicine	Chiropractors/ Physical Therapists	Sports Medicine Clinics
Supervised 100% by medical doctors	✓	✓	✓	✗	✓
100% regenerative practice	✓	✗	✗	✗	✗
Highly experienced senior management team with centralized support, sales, and training	✓	✗	✗	✗	✗
100+ company owned and franchised units open and 400+ under development	✓	✗	✓	✗	✗
Concierge medicine format	✓	✗	✗	✗	Some
62 nd on the Inc. 5000 list of fastest- growing private companies in America	✓	✗	✗	✗	✗
Established technology platform	✓	✗	✗	✗	✗
Medical, sales, and business management training	✓	✗	✗	✗	✗
All natural, non surgical, non pharmaceutical pain solutions	✓	✗	✗	✓	✗

WHY QC KINETIX?



150+ Nationwide Locations, with 400+ in Development



A Holistic Approach to Patient Care



The Latest Regenerative Medicine Treatments



Tens of Thousands of Satisfied Patients

FAQS ABOUT REGENERATIVE MEDICINE

[HTTPS://QCKINETIX.COM/FAQ/](https://qckinetix.com/faq/)



FEATURED IN





GETTING STARTED IS EASY

Our Concierge Medicine Approach Ensures
You are Supported Every Step of the Way

1. Schedule a free consultation by calling 838-206-4884, or you can find contact information for your local QC Kinetix location(s) on the final page of this guide.
2. When you enter our clean, modern clinic, you'll be greeted warmly, offered refreshments, and made to feel at home.
3. Your own patient care advocate will analyze your condition, symptoms, and medical history, then walk you through the regenerative procedures we offer. Everything is tailored to your specific needs and goals.
4. You'll begin your treatment journey. Regenerative treatments can continue for nine to 12 months, but many patients realize the full benefits in as little as two to four months. Some patients report improvement in their symptoms within days, and over 87% report sustained improvement within three months!
5. You will have direct access to your medical team throughout the entire process. They will help you with any questions or concerns you have along the way!



FIND A QC KINETIX LOCATION NEAR YOU
CALL US AT 838-206-4884

**QC Kinetix
(Latham)**

711 Troy Schenectady Road, Suite 207
Latham, NY 12110

838.384.3846

[https://qckinetix.com/
albany/latham-ny/](https://qckinetix.com/albany/latham-ny/)

**QC Kinetix
(Saratoga Springs)**

1 West Avenue, Apartment 305
Saratoga Springs, NY 12866

838.444.5156

[https://qckinetix.com/albany/
saratoga-springs-ny/](https://qckinetix.com/albany/saratoga-springs-ny/)