

# Regenerative orthopaedics. Potential alternative to surgery

## – Dr Zbig Kirkor

Over two thousand years ago Hippocrates said: “Natural forces within us are the true healers of disease”. Our body has got incredible mechanisms of regeneration and healing. Thanks to advances in science and technology we now can use these forces where and when they are most needed. Regenerative orthopaedic is a fascinating new field of orthopaedics where we use patient’s own stem cells and platelets. Over last twenty years we have seen an unbelievable increase in publications and research focused on the use of stem cells and platelets in the treatment of many orthopaedic conditions, such as arthritis of the joints, ligaments tears, rotator cuff tears, low back and neck pain, disc degeneration, sport injuries and so on. On the other hand there is a growing evidence indicating that many surgical interventions, such as spine fusion, certain arthroscopies of the joints are not as effective as we thought. It opens a great opportunity for regenerative orthopaedic to replace many of ineffective surgical interventions and spare patients unnecessary suffering. Certainly regenerative orthopaedic will not replace surgery in many circumstances but surely should be offered to patients as a viable alternative when applicable.