

My Mexican Stem Cell Adventure

Part 5: The Outcome at 18 Months

By Robert Genetski

I arrived in San Jose del Cabo on February 19, 1999. It had been 13 months since I received my stem cell treatment for two badly damaged knees. Although both knees feel fine most of the time, I continued to experience occasional soreness and a brief, occasional pain. They didn't feel strong enough for extended walks or even playing golf.

I recall speaking to Dr. Victor about this last spring when I returned to Michigan. He said I should not have any discomfort and wanted me to return to Cabo so he could correct it. I decided the knees were good enough for now. I planned to see him when I returned to Cabo.

I called Dr. Victor as soon as I returned. He arranged for my 1-year checkup. He examined my knees (twisting them in different directions and moving the kneecaps). There was no pain or discomfort from the exam and he said the knees appeared tight, strong and stable.

He then took X-rays, which confirmed his physical examination. The x-rays showed two structurally perfect knees. Bone and cartilage had been totally restored. The knee cap on the left knee had shifted back in place and the bones from the upper and lower legs had moved into alignment. From a structural standpoint, the stem cells therapy had been a complete success.

Dr. Victor said there was no need for any further stem cell therapy. The discomfort I was experiencing was due to inflammation in my ligaments and tendons. He recommended injecting ozone into the knees to reduce the inflammation. He also said it would be necessary for me to build up my leg muscles to take pressure off the tendons and ligaments.

The ozone treatments provided some immediate relief. However, it was the leg exercises that did the trick. I was fine as long as I didn't continue to strain my ligaments and tendons. Once I returned home I dusted off my old Nordic Track machine. By increasing resistance, the skiing motion has dramatically increased the strength in my legs.

Dr. Victor was correct. The knees now feel great. I'm back to playing golf (although no better than before). While the legs feel fine the good doctor strongly advises me not to run or place any unnecessary strain on the ligaments and tendons.

I intend to take his advice.

Based on my experience I fully endorse Dr. Victor's expertise with stem cell therapy and encourage others to discuss look into this painless alternative dealing with bad knees.

Dr. Victor is associated with Prmedica in Cabo www.prmedica-inc.com