An epidural is an injection that should be performed under imaging guidance. It places medication or biologics around the nerves in the spine that may be irritated or otherwise inflamed by a bulging or herniated spinal disc. These shots can often help patients avoid spinal surgery. However, they commonly used steroid, which can reduce the body’s natural ability to heal.

Why should I care? The steroids used in most epidural shots are a real problem. While they are very powerful anti-inflammatories, they also can cause severe side effects and dramatically reduce the body’s natural ability to heal itself. As a result, we developed and pioneered using platelet lysate instead of high dose steroids. These natural growth factors from the patient’s own body that are derived from blood platelets can help a patient avoid surgery.

Can the Regenexx-PL procedure replace steroid epidurals?

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