



Houston Clinic Answers a Top Search Question About Back Pain Relief

August 04, 2026

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Houston Regenerative Medicine, a locally owned clinic serving North Houston since 2015, is addressing one of the most-searched questions among back pain sufferers ? whether stem cell therapy can resolve chronic back pain ? with an evidence-based explanation of how autologous regenerative treatment actually works.

The question reflects growing interest across Greater Houston, where prolonged commutes on I-45 and Beltway 8 and long hours of static sitting contribute to chronic lumbar and disc-related pain. Rather than promising a cure, the clinic focuses on what regenerative orthobiologics are designed to support: reducing inflammation, easing pain and improving function so patients can weigh options beyond invasive surgery or long-term medication.

"Patients ask us every week whether stem cells will cure their back pain, and honest medicine means setting real expectations," said Dr. Joel Cherdack, DC, founder and medical director of Houston Regenerative Medicine. "Our approach focuses on using a patient's own cells to support the body's natural repair, tailored to each individual's condition."

The clinic's back pain procedure draws stem cells from a patient's own bone marrow, purifies them and injects them near the affected area of the spine to target the inflammation associated with lower back pain. The treatment requires no anesthesia and is typically completed in under two hours, with patients returning home the same day under a few days of light activity restriction. Because the process uses a patient's own cells, it avoids the tissue breakdown that can follow repeated steroid injections.

Response to regenerative treatment is biological and gradual rather than immediate. Many patients report a noticeable reduction in discomfort within about three weeks, with peak structural repair generally occurring around three months after the procedure as the body rebuilds tissue. Published research supports the potential of stem cells to aid repair of tissues such as cartilage and ligaments, though outcomes vary by individual and by the severity of the underlying condition.

Candidacy is central to the clinic's approach. Regenerative therapy tends to suit patients with degenerative disc disease or earlier-stage structural changes rather than advanced spinal pathology, and not everyone who inquires is an appropriate candidate. Prospective patients begin with an assessment before any treatment is recommended.

"For over a decade, our focus has been non-surgical options for people who want to avoid daily pain medication or the long recovery that comes with spinal surgery," Cherdack said. "The goal is always to help patients make an informed decision about their own care."

The clinic distinguishes its approach through an on-site Houston lab, where cells are processed to preserve viability, and through ethically sourced materials handled in FDA-registered facilities – a contrast the clinic draws with short-term "pop-up" pain operations.

Houstonians weighing non-surgical options for degenerative disc disease, sciatica-related discomfort or chronic lower back pain – including commuters across Kingwood, Katy and The Woodlands – can review candidacy and request a consultation with Dr. Cherdack's team at <https://houstonregenerativemd.com/stem-cell-therapy-for-back-pain/>.

This information is provided for educational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Always consult a qualified healthcare provider for personal health decisions.

About Houston Regenerative Medicine

Houston Regenerative Medicine is a locally owned regenerative medicine clinic serving Greater Houston since 2015. Led by founder and Medical Director Dr. Joel Cherdack, DC, the clinic provides non-surgical stem cell therapy, PRP, hormone replacement therapy and medically supervised weight management,

processed in an on-site Houston lab. The clinic is located at 100 Glenborough Dr, Suite 0403J, Houston, TX 77067. Phone: (346) 550-7171. Website: <https://houstonregenerativemd.com/>

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Houston Regenerative Medicine

Houston Regenerative Medicine was founded in 2015 by Dr. Joel Cherdack with a clear mission: to help patients avoid unnecessary surgeries and find lasting relief through the body's own healing power.

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