



Houston Clinic Says Published Research Does Not Establish How Long Knee Stem Cell Therapy Lasts

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Houston Regenerative Medicine, a regenerative orthobiologics clinic in North Houston, said this week that published research does not establish how long any benefit from stem cell therapy for the knees lasts, a position that runs counter to much of the marketing in its own field.

The statement addresses the question the clinic says it hears most often from patients weighing alternatives to knee replacement: how long does it last? The clinic's answer is that no reliable duration has been demonstrated in the literature, and that patients are entitled to know that before they pay out of pocket.

The U.S. Food and Drug Administration's consumer alert on regenerative medicine products states that no stem cell product has been approved for the treatment of any orthopedic condition, including osteoarthritis and knee pain. Autologous orthobiologic procedures are administered outside FDA approval.

Peer-reviewed findings are mixed and, in the higher-quality analyses, largely negative. A 2024 systematic review and meta-analysis in Osteoarthritis and Cartilage pooled 16 randomized trials covering 807 participants and concluded that intra-articular mesenchymal stem cell injections provide little to no pain relief

or improvement in physical function compared with placebo or usual care. A 2021 review in Arthroscopy reached a similar conclusion. Trials have generally reported a favorable safety profile. The American Academy of Orthopaedic Surgeons' 2021 clinical practice guideline on knee osteoarthritis does not address stem cell injections at all.

"Patients ask for a number, and the honest answer is that the published evidence does not support one," said Joel Cherdack, D.C., founder of Houston Regenerative Medicine. "Someone weighing this against knee replacement deserves to hear what the research has not shown, not only what we hope it will."

Claims about cartilage regeneration warrant particular care, the clinic said. Laboratory and animal studies describe mechanisms by which mesenchymal cells may influence cartilage repair, but published reviews report that direct clinical confirmation of that process in patients remains scarce. Imaging-based structural change has been reported inconsistently across trials, and the three-to-six-month window often cited for tissue repair reflects a proposed biological timeline rather than a validated clinical endpoint.

The clinic added that it does not claim its procedures delay or eliminate the need for knee replacement. No published trial has demonstrated a reduction in arthroplasty rates following these injections, and patients considering surgery are advised to consult an orthopedic surgeon.

The clinic's acCELLerate protocol combines bone marrow and adipose-derived cell concentrate prepared in its on-site Houston laboratory. Houston Regenerative Medicine characterizes the protocol as a clinical practice pattern rather than a studied intervention. It has not been evaluated in a controlled trial, and any comparison with single-source treatment reflects clinician observation rather than published data. Platelet-rich plasma has a larger randomized-trial literature for knee osteoarthritis, though professional societies remain divided on recommending it.

The clinic said patients are told during consultation that osteoarthritis grade, body weight, activity level and rehabilitation adherence all affect individual response, that these procedures are not covered by Medicare or commercial insurance, and that no outcome can be promised. Its procedure description for non-surgical knee stem cell therapy is published on the clinic's website.

Houston Regenerative Medicine operates in the Greenspoint District of North Houston. Osteoarthritis is the most common form of knee arthritis and a leading cause of disability among U.S. adults.

Medical Disclaimer

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about personal health decisions.

About Houston Regenerative Medicine

Houston Regenerative Medicine is a locally owned regenerative medicine clinic in Houston, Texas. Founded by Joel Cherdack, D.C., the clinic offers non-surgical orthobiologic procedures, platelet-rich plasma, hormone replacement therapy and medical weight management, with cell processing performed in its on-site Houston laboratory. 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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