The Regenerative Clinic
New alternatives to orthopaedic surgery
“Don’t operate, rejuvenate. Get back to an active lifestyle with minimal downtime.”

Welcome to The Regenerative Clinic

Our team are experts in providing treatments for orthopaedic injuries, sport injuries, arthritis and other degenerative conditions. Using some of the world’s most advanced treatments we can optimise healing and treat a wide range of joint and spinal pain.

Our state-of-the-art procedures are overseen by our team of leading orthopaedic surgeons and specialists. Whilst we can offer traditional surgery, we specialise in avoiding surgery wherever possible and offer the most advanced minimally invasive and non-surgical techniques.

The Regenerative Clinic offers a professional and holistic approach to patient treatment providing consultations, treatments and rehabilitation. We maintain the importance of measuring outcomes and the on-going assessment of our patients’ treatment.

About Us:

Our team of orthopedic specialists, plastic surgeons, anaesthetists and radiographers, work together to ensure the very best treatment possible for our patients.

Our clinics and treatment facilities are available in Harley Street, London.

Visit us at: The Regenerative Clinic, 19 Harley Street, London, W1G 9QJ

www.theregenerativeclinic.co.uk / t: 0330 2233332
Meet our Harley Street Experts

**Professor Adrian Wilson** (Knee specialist) MBBS, BSc (Hons), FRCS, FRCS Tr & Orth Specialist Knee Surgeon (Professor)

Since becoming a consultant he has developed a specialist interest in knee preservation surgery particularly focusing on complex ligament and osteotomy surgery.

**Mr Ali Noorani** (Upper limb clinician) Consultant Upper Limb Surgeon MBBS BSc (Hons) MRCS FRCS (Trauma & Orth)

Mr Noorani is a substantive Orthopaedic and Trauma Surgeon at St Bartholomew’s and Royal London Hospital (Barts Health NHS), specialising in trauma and upper limb surgery.

**Mr Nima Heidari** (Lower limb clinician) Consultant Foot, Ankle and Hip Reconstruction Surgeon MBBS, MSc, FRCS(Tr&Orth)

Mr Heidari qualified in 1998 from St George’s Hospital and undertook his orthopaedic and trauma training at the Royal London Hospital.

**Dr Sarah Davies** (Sports injury consultant) MBChB MRCP MACA dipSEM(UK) FFSEM(UK)

As a Sports Physician, Dr Davies worked at both the London 2012 Olympics and Paralympics and at the Rio Games in 2016 with British Athletics.

**Dr Christoph Seifert (Spine specialist)** FFPMRCA FRCA

Dr Christoph Seifert is a Consultant Pain Specialist and Foundation Fellow of the Faculty of Pain Medicine of the Royal College of Anaesthetists. He specialises in the accurate diagnosis and treatment of neck, back and related nerve root pain.

**Mr Miles Banwell** PhD, FRCS (Plast)

Mr Miles Banwell, is registered by the General Medical Council in the specialty of Plastic Surgery, and is a member of several professional organizations including the British Association of Plastic Reconstructive and Aesthetic Surgeons (BAPRAS) and the British Association of Aesthetic Plastic Surgeons (BAAPS).
Lipogems®: a pioneering new treatment for pain and inflammation

Lipogems® is a pioneering, new and minimally invasive treatment that harnesses your natural repair cells removed from your own body fat. Lipogems® can be used to target problems affecting the tendons, ligaments, joints and muscles, including arthritis.

Using a special process, cells are extracted from a patient’s adipose tissue and injected into areas of your body that have become damaged through wear and tear, injury, or disease. Lipogems® tissue therapy can also be used as an additional treatment alongside other orthopedic procedures to help with bone and tissue healing. The Lipogems® technology has been used to treat over 25,000 patients world-wide with all surgeons reporting an 80-90% success rate.

The day-case procedure serves as a fantastic alternative to major replacement surgery; multiple joints can be treated at the same time, with a minimal recovery time and there is no need to go under general anesthetic.

What’s involved?
Following your consultation with one of our specialist clinicians you will be introduced to the plastic surgeon and radiologist who will carry out the treatment. You will also meet one of our team of physiotherapists who will help you prepare for the procedure.

Step 1: Harvesting
A small amount of fat is removed from your hip or abdomen. This procedure, which takes around 30 minutes is usually performed under local anesthetic whilst you are sedated.

Step 2: Processing
The regenerative cells are then separated from the fat tissue using the Lipogems® system. Your cells aren’t changed in any other ways and no chemicals are added.

Step 3: Implantation
Your adipose cells are injected into the damaged area by your radiologist under ultrasound guidance. The exact location of the injections is decided by your clinician prior to the procedure.
Our Treatments

Platelet Rich Plasma (PRP) Therapy
PRP therapy, also known as Autologous Conditioned Plasma (ACP) therapy, takes advantage of the blood’s natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

The main aim of this treatment is to reduce pain, improve joint function and potentially slow, halt or even repair damage to cartilage.

- Sports injuries
- Rehabilitation

Pain relieving injections
Injections can be more effective in treating pain relief than oral medication because they deliver medication directly to the exact anatomic location that is generating the pain.

We offer the latest Viscoelastic Supplements using CINGAL® a unique and highly effective pain injection that combines hyaluronic acid and a fast acting steroid. We also offer Ostenil Plus a single injection that can provide long lasting pain relief.

- Joint pain
- Osteoarthritis
- Sciatica

Shockwave Therapy
Shockwave therapy is a modern and highly effective treatment option in orthopaedic and rehabilitation medicine. The term shockwave refers to mechanical pressure pulses that expands as a wave in the body. The, non-surgical, non-invasive treatment provides patients with an alternative for pain relief and musculoskeletal repair.

- Tennis Elbow
- Shoulder Pain
- Shin Splints
- Patellar Tip Syndrome
- Achilles Tendinitis

Bracing
Orthopaedic braces and splints protect, stabilize, support and correct injuries or abnormal alignment through the process of rehabilitation and recovery. They are used in injury rehabilitation, injury prevention, osteoarthritic care and post-operative care.

Our team of specialists work with you to determine the level of stability, type of support, function and fit that the orthopaedic brace should provide. We recommend the best brace for you.

- Leg
- Ankle
- Wrist
- Elbow
- Neck
- Back
- Hip
- Groin
Our treatments have life changing results, please read our patient stories.

Janet, 53, after a freak fall on the slopes Janet was left with a badly damaged ACL. She could no longer go to the gym and was experiencing more and more episodes of swelling and pain. She recently has had the Lipogems® procedure.

"I’ve already noticed a dramatic improvement in my knee and have much improved mobility. I’m delighted to be back at the gym and now planning a coast-to-coast walk across the UK.”

John, 55, had been experiencing severe joint pain. As an active person he’d found that his regular 5-a-side football games coupled with his day job working in retail had taken their toll with two bad cartilage defects.

"I was devastated that I was no longer able to play football and that my constant pain had inhibited my ability to work. Only 4 weeks after my treatment I’ve already had a 20 minute pain free ramble. I can’t wait to get out there and get active again”

Sonya, 43, injured her left knee in 1992 and then her right knee in 2011. She had knee reconstruction operations on both knees. Sonya had Lipogems® to both knees due to constant pain and a lack of mobility.

"My passion is playing hockey and coaching. This procedure has allowed me to play again and properly demonstrate techniques to the kids I coach”

Sonny, 77, a Qualified Chartered Accountant with his own firm lives life to the full. He still works and is planning his retirement only now that he is pain-free to enjoy it.

"This is the greatest thing that has ever been invented! The crucial element is that it is a non-invasive procedure, involving no surgery. It has given me back the freedom to do whatever I like, whenever I like”

We maintain the importance of measuring outcomes and the on-going assessment of our patients’ treatment.

Our specialists and partners are committed to the growth of research in this modern field of healthcare.

Our procedures are extensively researched. To see our clinical papers please visit our website: theregenerativeclinic.co.uk
Book a consultation

All of our clinicians are leading specialists in joint preservation and rejuvenation and will be able to discuss all of your regenerative options with you. The 40 minute no obligation consultation will enable your specialist to provide you with an expert second opinion and diagnosis as well as an assessment of your suitability and a recommended course of action.

Call us today to talk to one of our team: 0330 2233332

Finance Options

We have a range of flexible finance packages available, allowing the cost of some of our treatments to be spread over a period of time. To find out more about how our finance plans can help you please talk to one of our team.

How it works

You can choose how much you can afford to pay each month and we will calculate the payments for you. To find out more about how our finance plans can help you please talk to one of our team.

We offer:

• A discreet and personal service
• High acceptance rate
• Competitive repayment options
• A choice of repayment periods
• A simple, quick application online