



Your Guide to Regenerative Joint Pain Relief

WHAT EVERY PATIENT SHOULD KNOW BEFORE CHOOSING AN INJECTION

FREE EDUCATIONAL GUIDE

Understanding your treatment options—from physical therapy to regenerative injections—so you can make an informed decision.

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Welcome to Your Guide to Regenerative Joint Injections

Understanding Your Options for Joint Pain Relief

Living with joint pain can impact the things you enjoy most — staying active, exercising, playing with your family, working comfortably, or simply moving through your day without discomfort.

For many people, the journey to finding relief can feel overwhelming. You may have tried rest, medications, physical therapy, or traditional injections and still be searching for options that align with your goals.

Regenerative joint injections represent a different approach. Rather than focusing only on temporarily reducing symptoms, regenerative therapies are designed to support the body's natural healing processes and help improve joint function.

This guide was created to help you better understand your options, including:

- ✓ What causes joint pain and inflammation
- ✓ How regenerative injections work
- ✓ The differences between therapies such as PRP and Prolozone™
- ✓ Who may be a candidate for regenerative treatments
- ✓ What to expect before, during, and after treatment

At Ego Beauty & Wellness, our goal is to provide education and personalized care so you can make informed decisions about your health. Every person's body, injury, and goals are different — which is why regenerative treatments should always begin with a comprehensive evaluation by a qualified medical provider.

We believe healthcare should be about more than managing pain. It should be about helping you get back to the activities and lifestyle that matter most. Thank you for taking the time to learn more about regenerative joint therapies.

We hope this guide helps you feel more informed and empowered as you explore your options.

— The Ego Beauty & Wellness Medical Team

Why do joints hurt?

Common Causes of Joint Pain

- Osteoarthritis
- Tendon injuries
- Ligament injuries
- Cartilage wear
- Overuse injuries
- Inflammation
- Sports injuries

Pain isn't always caused by "bone-on-bone." Many painful joints involve muscles, tendons, ligaments, or inflammation.



Pain is a signal- not the whole story

Joint pain does not always mean that a joint is “worn out.” Many factors can contribute to discomfort, including inflammation, tissue irritation, previous injuries, movement patterns, and overall health.

Understanding what is contributing to your pain is an important first step in choosing the right treatment approach.

At Ego Beauty & Wellness, our providers evaluate each patient individually to understand the source of their symptoms and create a personalized plan focused on helping you return to the activities you love.

The goal is not just to manage pain — it’s to support healthier movement and function.

Understanding Your Treatment Options

Treatment	How it Works	Primary Goal	Typical Considerations
Physical Therapy	Strengthens muscles, improves mobility, and restores movement patterns	Improve strength & mobility	Requires consistency
Anti-inflammatory medications	Helps reduce inflammation and discomfort	Reduce pain & inflammation	Temporary symptom relief for many people
Corticosteroid injections	Delivers medication directly into the joint to reduce inflammation	Reduce inflammation	Often provides temporary relief; repeated use should be discussed with your provider
Hyaluronic Acid Injections	Supplements the natural fluid that lubricates joints	Improve joint lubrication	Commonly used for certain arthritic joints
PRP Injections	Uses concentrated platelets from your own blood, which contain naturally occurring growth factors	Uses your own platelets	May support the body's healing response
Prolozone	Uses oxygen-ozone combined with supportive nutrients to promote a healing environment	Regenerative approach	Intended to support tissue health and function
Surgery	Repairs or replaces damaged joint structures	Structural repair or replacement	Longer recovery period
Regenerative Cell Injections	Uses specialized regenerative cells obtained from carefully screened donor tissue to support tissue repair and healing*	Promote a regenerative environment for damaged or chronically inflamed tissues	May be considered for select patients based on their condition and provider evaluation

*Some regenerative therapies, including peptide therapy and certain regenerative cell products, continue to be studied. Your provider will discuss the potential benefits, limitations, and whether these options may be appropriate for your individual condition.

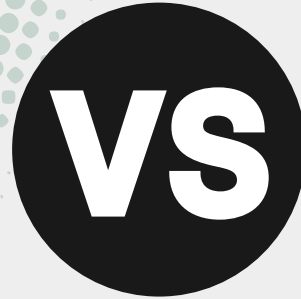
What Makes Regenerative Medicine Different?

Regenerative joint care is a broad term for treatments designed to support the body's natural healing response. Instead of simply masking discomfort, these treatments are placed in or around the affected joint, tendon or ligament to encourage a localized repair response. Depending on the treatment, this may involve platelets and growth factors collected from the patient's own blood or an injectable solution intended to stimulate healing activity.

Regenerative treatments may be considered alongside:

- Physical therapy
- Strength and mobility exercises
- Lifestyle modifications
- Nutritional support
- Weight management
- Other nonsurgical treatments

These therapies are not an instant fix or a guaranteed alternative to surgery. Results vary based on the condition being treated, the extent of tissue changes, overall health and adherence to the recommended recovery plan.



Traditional Pain Management

Traditional treatments often focus on reducing discomfort so you can move more comfortably.

These may include:

- Anti-inflammatory medications
- Corticosteroid injections
- Activity modification
- Physical therapy
- Bracing

For many patients, these treatments can provide meaningful relief and are an important part of a comprehensive treatment plan. However, depending on the cause of your pain, the effects may be temporary, and additional treatment may be needed over time.

Is One Approach Better Than the Other?

Not necessarily. Regenerative joint injections and traditional pain-management treatments each have an important place in joint care. Traditional options may provide timely symptom relief, while regenerative therapies are designed to support the body's natural recovery processes over time. The right approach—or combination of approaches—depends on the diagnosis, severity of the condition, health history and individual goals. A medical evaluation can help determine the most appropriate treatment plan.

Regenerative Options

PLATELET-RICH PLASMA (PRP)

Uses concentrated platelets from the patient's own blood to deliver growth factors that may support the body's natural healing response.

PROLOTHERAPY

Uses a targeted solution, commonly containing dextrose, to stimulate a localized repair response around joints, tendons or ligaments.

PROLOZONE

Combines a provider-selected injectable solution with medical ozone to support the healing environment, circulation and joint function.

PEPTIDE SUPPORT

Certain prescribed peptides may be used alongside a broader treatment plan to support tissue recovery. Evidence, legal status and availability vary by peptide.

STEM-CELL-BASED THERAPIES

Use cells obtained from sources such as bone marrow or adipose tissue with the goal of supporting tissue repair. Evidence is still developing, and stem-cell products are not FDA-approved for orthopedic conditions such as arthritis or joint pain.

SHOCKWAVE THERAPY

A noninvasive treatment that uses acoustic waves to stimulate a localized biological response in certain muscles, tendons and soft tissues.

These options may be used individually or alongside rehabilitation and conventional pain-management treatments. The appropriate approach depends on the diagnosis, health history and treatment goals.

Prolozone vs. PRP: What's the Difference?

PRP Injections

- Uses platelet-rich plasma prepared from your own blood
- Delivers concentrated platelets and naturally occurring growth factors to the treatment area
- Often used around joints, tendons, ligaments and other supporting structures
- Requires a blood draw and processing
- Typically a higher investment because of the blood processing involved
- Often performed as one treatment or a short series, depending on the condition

Prolozone Injections

- Uses a customized solution that may include ozone, dextrose, vitamins and anesthetic
- Designed to stimulate a localized healing response and support circulation and oxygen utilization
- Often used for joint degeneration and certain tendon or ligament injuries
- No blood draw is required
- Generally the more affordable option
- A series of treatments may be recommended

Can Prolozone and PRP Be Combined?

Yes when medically appropriate, a provider may incorporate both into the same overall treatment plan. They may be performed during the same visit or staged at different appointments based on the injury, treatment area and provider's protocol.

Prolozone stimulates. PRP concentrates. Together, they support healing from multiple angles.

The Combined Approach

Prolozone may help:

- Stimulate a localized healing response
- Support circulation and oxygen delivery
- Address joints and surrounding supportive tissues

PRP may help:

- Deliver concentrated platelets and growth factors
- Support tissue repair and recovery
- Promote a longer-term healing response

Together, they may provide a broader approach by supporting the joint, tendons and ligaments, not simply masking discomfort.

Stem-Cell-Based Joint Therapy

Stem-cell-based therapies use cells or cell-containing preparations obtained from sources such as a mesenchymal stem cells. These treatments are being studied for their potential to influence inflammation and support the environment involved in tissue repair.

Potential Benefits

Depending on the condition and product used, potential benefits being studied include:

- Supporting the body's natural healing response
- Helping manage inflammation within or around a joint
- Improving joint comfort, mobility and function
- Supporting recovery from certain tendon or ligament injuries
- Providing a nonsurgical option when conservative care has not provided adequate relief

However, stem-cell therapy has not been proven to regrow an entire joint or reliably restore damaged cartilage. Research remains limited and results vary. The American Academy of Orthopaedic Surgeons reports that some studies show improvement in symptoms and function while others do not.

Who may be a candidate?

A provider may consider stem-cell-based therapy for an adult who:

- Has mild to moderate osteoarthritis or a selected tendon or ligament injury
- Continues to experience symptoms despite physical therapy, activity modification or other conservative care
- Wants to explore nonsurgical treatment options
- Is healthy enough to undergo the collection and injection procedures
- Understands that evidence is still developing and results cannot be guaranteed
- Is willing to follow a recommended rehabilitation and recovery plan

Someone with severe joint destruction, advanced bone-on-bone arthritis, an active infection, certain blood or immune disorders, uncontrolled medical conditions or some cancers may not be an appropriate candidate. A medical evaluation and review of imaging are required.

How Peptides May Support Joint Healing

Early research suggests certain peptides, including BPC-157 and TB-500, may support the body's natural healing processes by:

- Promoting healthy inflammatory signaling
- Supporting blood flow to injured tissue
- Encouraging tendon and ligament repair
- Supporting collagen production and tissue remodeling
- Helping the body recover from overuse or injury
- Peptides may be used alongside treatments such as PRP or Prolozone to provide additional recovery support. While early findings are promising, most research has been conducted in laboratory and animal studies, and more human research is needed to confirm their effectiveness for joint pain.

Peptides may be considered as part of a broader recovery plan to support the body's natural repair processes. They are not a replacement for an accurate diagnosis, rehabilitation or established injection options such as PRP. Peptide availability, route and appropriateness must be determined by a qualified provider.

Frequently Asked Questions

How quickly will I notice results?

Responses vary. Some patients report changes within several weeks, while others may require more time. No specific result or timeline can be guaranteed.

Can regenerative treatment prevent surgery?

These treatments may help some patients delay or avoid surgery, but that outcome cannot be guaranteed. Advanced joint damage or certain injuries may still require surgical evaluation.

Are treatments covered by insurance?

Many regenerative procedures are considered elective or investigational and may not be covered by insurance. EGO Beauty & Wellness can provide current pricing and payment information before treatment.

Can these treatments regrow cartilage?

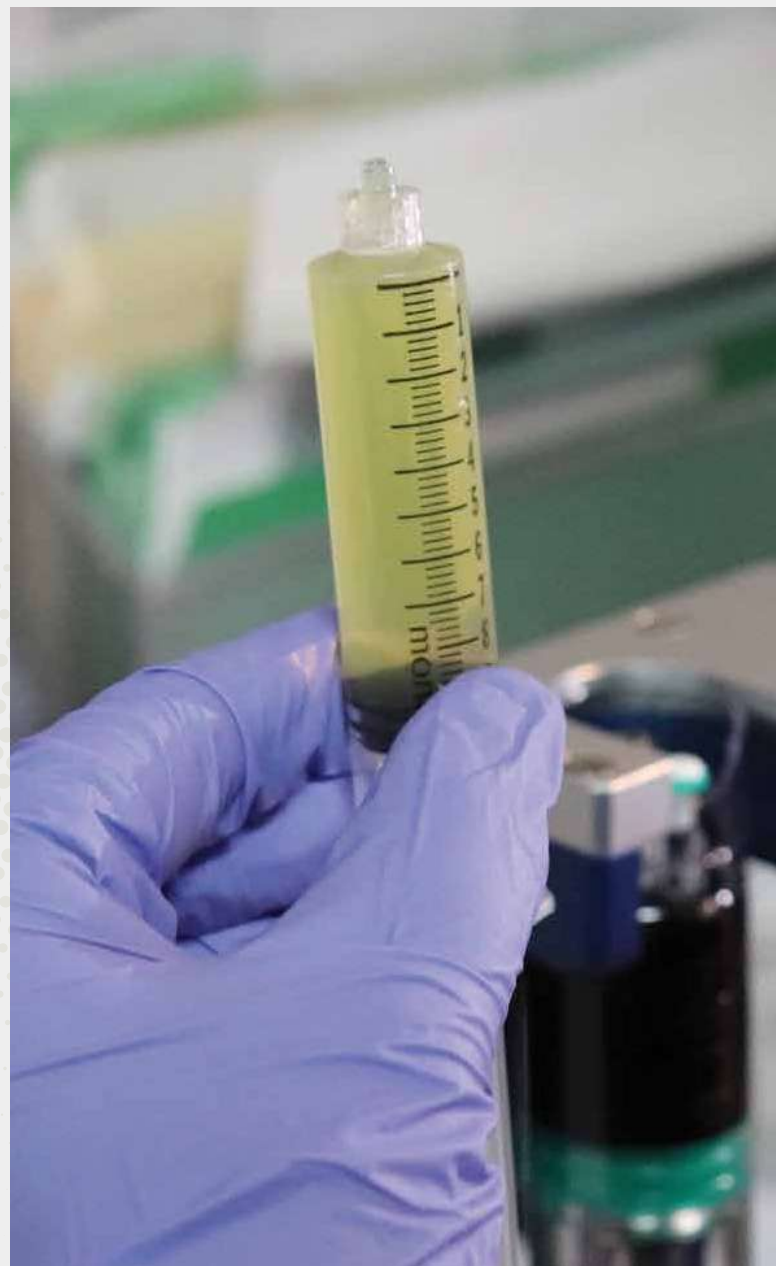
Regenerative treatments should not be promoted as proven methods for regrowing an entire joint or restoring severely damaged cartilage. Their purpose is to support the healing environment and potentially improve comfort or function in appropriately selected patients.

Are injections painful?

Most people experience pressure, pinching or temporary discomfort during the injection. A local anesthetic or other comfort measures may be used when appropriate. Soreness after treatment is common and generally temporary.

How many treatments will I need?

The number of treatments depends on the therapy, condition, severity and individual response. Some PRP treatment plans involve one injection, while Prolozone may be recommended as a series.



What to expect

Consultation



The process begins with a consultation and medical evaluation. The provider will discuss symptoms, medical history, previous injuries, medications and treatment goals.

Patients may be asked to:

- Provide recent imaging or complete additional imaging
- Adjust certain medications or supplements under medical guidance
- Avoid anti-inflammatory medications before or after treatment
- Eat normally and arrive well hydrated
- Arrange activity modifications for the recovery period

Never discontinue a prescribed medication unless instructed by the prescribing provider.

During Treatment



The treatment area is cleaned and prepared. Depending on the procedure, a local anesthetic may be used.

For PRP, a small amount of blood is drawn and processed before the concentrated plasma is injected. Prolozone does not require a blood draw. The injection itself is generally brief. Ultrasound or another form of image guidance may be used when clinically appropriate to help place the treatment accurately.

After Treatment



Temporary soreness, stiffness, swelling or bruising can occur. Some people feel more uncomfortable for several days before the area begins to settle.

Patients receive individualized aftercare instructions, which may include:

- Temporarily limiting strenuous activity
- Avoiding certain medications
- Applying heat or ice only as directed
- Beginning gentle movement or rehabilitation exercises
- Returning for follow-up evaluation

Recovery timelines vary. Regenerative treatments work with biological processes, so any improvement is generally expected to develop gradually rather than immediately.

Videos



Benefits & Uses of PRP



**Patient Testimonial-
Ozone IV Therapy &
Prolozone Joint Injections
with PRP**



**From Traditional
Medicine to
Regenerative Healing
| Dr. Rhoades' Mission**



**Dr. Rhoades, PRP +
Exosomes +
Prolotherapy + Ozone
Hip Injection at Ego
Beauty & Wellness
Defined**



**Which Stem Cells Are
Used in Regenerative
Medicine**



**Back to Work After a
Prolozone Knee Injection |
Patient Testimonial**



**Prolozone, Ozone & Low-
Dose Cortisone Shoulder
Injection | Dr. Rhoades**



**Softball Knee Injury
Treated the Same Day
with Prolozone | Dr.
Rhoades**



**Heal Plantar Fasciitis FAST
with Zimmer Shockwave
Therapy! | Ego Beauty &
Wellness Defined 🌟**



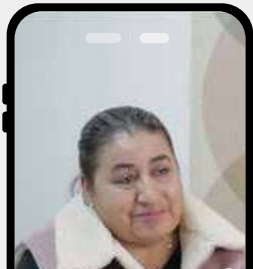
**Peptides BPC-157,
Thymosin Alpha-1,
Thymosin Beta 6, aka
Wolverine Peptide with Dr.
Patrick Rhoades**



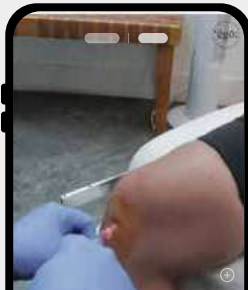
**Bilateral Paraspinal
Prolozone Injections with
Dr. Rhoades**



**Prolozone Knee Injection
by Dr. Rhoades**



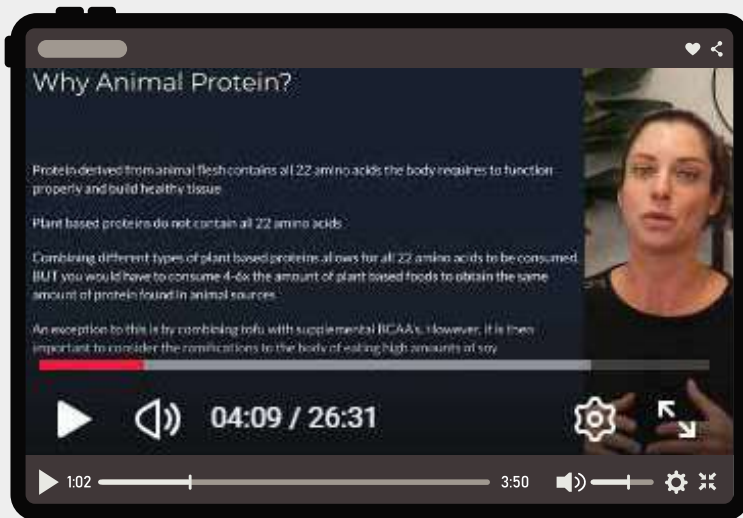
Inyección de Prolozone para el dolor de rodilla | Testimonio de paciente con el Dr. Rhoades



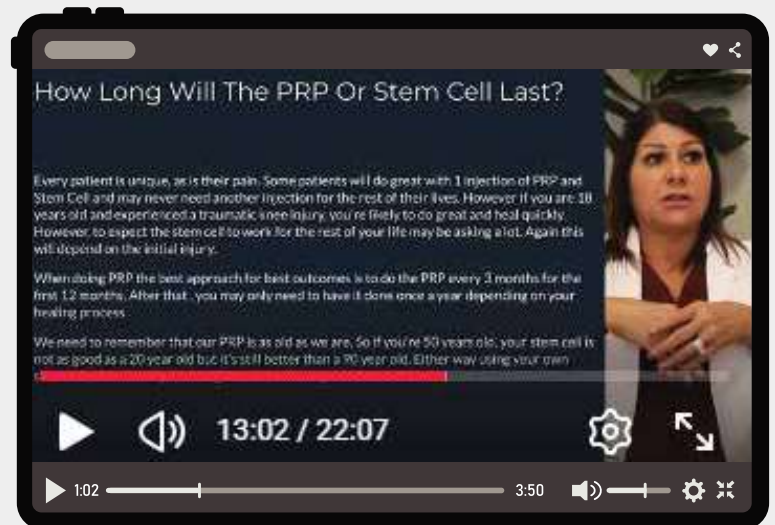
Tratamiento avanzado para el dolor de rodilla



PRP, Ozonoterapia y Proloterapia: Tratamiento Articular Regenerativo



Optimizing Outcomes of Regenerative Joint & Injection Therapy with Dr. Nina Campagna



Regenerative Medicine Presentation by Barb Hopkins, NP at Ego Wellness



WHO ARE WE

At EGO Beauty & Wellness Defined, we believe healthcare should be personal, accessible, and focused on the whole person. Our experienced medical team offers regenerative joint treatments, hormone and weight-management support, wellness therapies, and aesthetic services designed to help you feel and function at your best. With locations in Modesto and Lodi, EGO is where science meets self-care.

VISIT ONE OF OUR CLINIC LOCATIONS

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