Study Shows That Stem Cell Therapy Improves the Treatment of Sports Injuries and Arthritis

CAMBRIDGE, England, September 25, 2015 /PRNewswire/ --

Stem cell therapy, using cells from the patient's own bone marrow, is an effective treatment for joint injury according to a clinical study undertaken by the Villar Bajwa Practice research group. The study, presented at the annual scientific congress of the [International Society of Hip Arthroscopy (ISHA) in Cambridge UK](http://www.ishameeting2015.net/) included international athletes such as the UK rower, Beth Rodford, as well as regular, active patients and is the first of its kind. The results clearly demonstrate improvements in return to function and better sports activity levels in the patients treated with bone marrow aspirate concentrate (BMAC) combined with keyhole surgery.

[Mr Richard Villar](http://villarbajwa.com/richard-villar.shtml), explains, *"For the first time, we have comparative data to show the advantages of using cell therapy treatment in joint preservation. In future patients will have more options; rather than simply surrender their quality of life, or opt for a joint replacement, they may be suitable for joint preservation using a biological solution."*

[Mr Ali Bajwa](http://villarbajwa.com/ali-bajwa.shtml) said, *'It's an exciting time to be an orthopaedic surgeon. These findings may revolutionise sports injury medicine and they also provide a glimpse into the future where, for a proportion of patients, hip replacement may be a thing of the past.'*

**About the Study**

The study looked at 80 patients, ranging in age from 19 to 69, who had either hip arthroscopy with the addition of bone marrow aspirate concentrate, or hip arthroscopy alone. There was significant and sustained improvement in pain and functional scores in the BMAC treatment group. The requirement for subsequent surgery was reduced to 2.5% in the stem cell therapy group as compared to 10% in hip arthroscopy-only group and the functional scores improved by approximately 25% in the stem cell therapy treatment group.

**About The Villar Bajwa Practice**

The [Villar Bajwa Practice](http://villarbajwa.com/index.shtml) is based at Devonshire Street in London. They are a specialist orthopaedic surgical practice with a long-standing track record in minimally invasive surgery. Mr Richard Villar performed his first hip arthroscopy back in 1988 and was the first president of the International Society of Hip Arthroscopy. Mr Ali Bajwa is an orthopaedic surgeon with a special interest in sports injuries and joint preservation. They are committed to developing modern approaches to joint preservation while carrying out research to broaden the evidence-base in this field.