

IPSC Pain and Spine Hospital CEO Discusses Stem Cell Therapy Advancements for Knee Arthritis in India

Among the chronic Joint pains, hip and knee osteoarthritis (OA) is the most prevalent and is a leading cause of pain and disability in most countries worldwide.

New Delhi, Delhi Dec 12, 2023 ([Issuewire.com](https://www.Issuewire.com)) - At a recent press conference held at [IPSC Pain and Spine Hospital](#), Dr. (Maj) Pankaj N Surange, the CEO of the hospital, shed light on the significant developments in stem cell therapy for the treatment of knee arthritis in India. This innovative treatment is poised to reduce the necessity for knee replacement surgeries in the future.

Dr. Surange explained that knee osteoarthritis not only severely affects the quality of life of individuals, causing functional disabilities and work limitations, but also exacerbates the risk of other chronic diseases. Traditional non-surgical therapies, which mostly focus on symptom control, have limited efficacy in halting the disease's progression. However, stem cell therapy, as discussed by Dr. Surange, has shown promising results in disease modification, effectively preventing knee joint destruction. The therapy aids in reducing pain and stiffness, improving physical function, and maintaining cartilage quality, all with minimal side effects.

Despite these advancements, Dr. Surange acknowledged that the cost and affordability of stem cell therapy remain concerns, potentially limiting its accessibility for the masses. He emphasized the importance of early intervention in the management of knee arthritis, noting that exercise, weight management, and other lifestyle modifications play a crucial role in mitigating symptoms and slowing down degeneration.

For advanced stages of osteoarthritis, Dr. Surange highlighted that while knee replacement surgeries are a viable option, stem cell therapy could be a better alternative in the early stages. He also mentioned [Cooled RF technology as a suitable option for pain reduction in patients not fit for knee replacement surgery](#).

Dr. Surange concluded by addressing various aspects of knee arthritis treatment and management, including the benefits of walking, suitable exercises, and the comparison of stem cell therapy with knee replacement surgery.

The IPSC Pain and Spine Hospital remains at the forefront of introducing innovative treatments for pain management and spinal interventions, continually striving to improve patient outcomes and quality of life.

Media Contact

IPSC Surgical Hospitals

ceo@ipscindia.com

9311223924

IPSC Hospital, Sector 19 , Dwarka

Source : Surange Healthcare North India Private Limited

[See on IssueWire](#)