

# Adult stem cells for sports injuries

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It's not voodoo medicine anymore, it is reality and it soon may not require a trip overseas to get it done.

University Hospitals Case Medical Center's (UH) Dr. James Voos, Head Team Physician, The Cleveland Browns, outlined details about a pilot trial using [mesenchymal stem cell](#) therapies in patients and athletes at the ongoing the MSC 2015 conference on Adult Stem Cell Therapy & Regenerative Medicine.

Dr. Voos, is also the Division Chief, Sports Medicine at UH Case Medical Center as well as Clinical Associate Professor, Orthopaedics at Case Western Reserve University (CWRU) School of Medicine.

The study will examine the use of amplified mesenchymal [stem cells](#) (from one's own body) as a therapeutic option for musculoskeletal issues such as arthritis and cartilage defects. Dr. Voos is collaborating with Drs. Hillard Lazarus, Director, Novel Cell Therapy - UH Case Medical Center, Professor of Medicine at CWRU as well as Stanton Gerson Director - University Hospitals Seidman Cancer Center and Professor of Medicine with CWRU.

Dr. Voos moderated a session on the state of stem cells in "sports medicine" and the scientific applications for which cells are harvested and subsequently utilized in athletic patients.

"Stem cell therapy is an intriguing avenue of treatment that is rapidly evolving," Voos said. "We are continuing to study and better understand

the capabilities a person's own cells have to treat pain and potentially improve healing."

Dr. Voos presented Aug. 19 at the MSC 2015 conference on Adult Stem Cell Therapy & Regenerative Medicine.

"Professional athletes have previously sought out this type of therapy overseas," Voos said. "It is our hope that a collaborative approach and dedication to the laboratory aspects of development of these cells will provide our athletes with a location in the States to obtain this therapy."

Provided by University Hospitals Case Medical Center

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