

My Mexican Stem Cell Adventure

Part 4: The Recovery Continues: Three to Six Months

It's been just over six months since I rejected my doctor's recommendation of knee replacement surgery. After considerable research, I decided to opt for stem cell therapy in Los Cabos, Mexico with Dr. Victor Ocegueda, in collaboration with PRMedica. The estimated cost for both knees is \$6,000. I've documented the details of my experience in Parts 1 to 3. Those interested in reading about it can access these on my website classicalprinciples.com. Hover over the economics button at the top, click healthcare and scroll down.

The second three months of my recovery involved both ups and downs. At times I would feel a sharp pain in the front of my left knee or alongside the inner knee. At other times, the knees felt a bit wobbly. The occasional pain and the wobbly feelings would last less than a minute.

At one point I called Dr. Victor to get his opinion. He was concerned. He said it was not what he expected. He said if he could examine me he would be able to find out what was going on and could correct the problem. I told him I wouldn't be back to Mexico until later in the year. If the problems continued or became worse, I would return sooner.

Fortunately, the pain and discomfort became progressively less frequent. As happened earlier in my recovery, I attribute my problems to attempting to do too much too soon. Three months after the therapy I had decided to resume my Tai Chi exercises. Doing so apparently placed a great strain on my knees. I decided to stop my Tai Chi and see if it helped me to recover. It did. The brief sharp pains became progressively less frequent. The knees became less wobbly.

Five months after therapy the knees felt strong enough for me to resumed playing golf. The only problem I had was my scores weren't any better than before the therapy. However, after not being able to walk 100 yards without severe pain, the ability to not only walk but play golf were a blessing.

Toward the end of the six months my knees much considerably felt stronger. I decided to once again return to my Tai Chi. There have been no further significant issues with pain.

I do notice that when I do a lot of physical work (helping people move, lifting heavy things, etc.) the knees feel sore for the next day or two. However, the soreness quickly goes away.

At this point I'm very pleased with how well things are going. I don't feel that the knees are strong enough yet to try jogging or running. I had abandoned years ago due to wear and tear on the knees.

Bottom line, at six months after therapy I'm thrilled with the results. I plan to see Dr. Victor this winter and write another update at my one year anniversary.

For those considering stem cell therapy, I urge you to do extensive research. Become informed about the experience and qualifications of the person doing the therapy. My doctor had eight years of experience. Understand where the stem cells are coming from and how they are processed and handled. Finally, speak to those who have received successful therapy from anyone or organization you are considering. Ask for their success rates as well as the likelihood of a successful outcome given your condition.