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Ralph Rogers

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BIOGRAPHY

Ralph Rogers is a consultant in regenerative orthopaedics & sports medicine. He studied medicine at the University of Leuven (Belgium) and after completion of PhD in Exercise Physiology at the University of Maryland (USA). He was also a research fellow at the National Institute of Health (NIH). Rogers continued his educational pursuit by receiving an MBA from the University of Leicester. He travels extensively to the USA and europe to explore various regenerative Medical techniques and was among the first Physicians in the UK to implement Regenerative orthopaedics in his clinical practice. He is the founder of the Rogers Regenerative Medial Group where the goal is to treat patients and share best practice in the cutting-edge field of regenerative medicine therapies with physicians around the world.

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REGENERATIVE MEDICINE IN NONSURGICAL ORTHOPAEDICS & SPORTS MEDICINE

The number of sports injuries and orthopedic conditions, such as Osteoarthritis of the knee, in the population is considerable. Time loss can vary from a few days to end-of-season or beyond. In addition, many of these conditions represent a significant cost in lost time from work and lost wages. When injured, many musculoskeletal structures do not completely regain their normal structural and biomechanical properties, resulting in the formation of scar tissue, which increase the risk of re-injury. This is due to poor vascularization which reduces the availability of oxygen, growth factors and other nutrients necessary for tissue regeneration which significantly affects the quality and speed of healing response. However, healing may potentially be enhanced and expedited by new non-surgical regenerative medicine treatments using a patient's own growth factors to promote healing. Regenerative medicine is of particular interest as evidence increasingly refute the commonly used patient pathway of rest, anti-inflammatory medications, corticosteroid injections and surgery. There is mounting evidence to suggest that treatments such as platelet rich Plasma (PRP), Lipogems, Alpha 2 Macroglobulin (A2M) and Extracorporeal Shockwave therapy (ESWT) may provide an adjuvant or alternative treatment option for conditions that affect muscle, tendons, ligaments, and cartilage. These techniques are also appealing to patients as they are minimally invasive and are often performed in a relaxed out- patient setting, with little down time. Another major advantage of regenerative medicine is that patients use "their own body tissue" for natural healing process. These treatments are easy to prepare, administer, safe, effective, available immediately at the point of care; and cost- effectiveness compared with surgical options. The promise of regenerative medicine in non- surgical orthopedics and sports injuries is exciting and may prove to be "Game Changer"!