

# The Future Is Now

## Covington Orthopedic & Sports Medicine Institute



Kevin Darr, MD

Joint pain and inflammation are both debilitating and depressing. Suddenly, simple daily tasks and ordinary activities like taking a walk or playing with your children become a source of pain and frustration. At the Covington Orthopedic & Sports Medicine Institute, Kevin Darr, MD is working with innovative new procedures that are creating exciting results for his patients.

Cell therapy offers a new and potentially revolutionary treatment option for osteoarthritis. Dr. Darr, who is board certified in orthopedic surgery, orthopedic sports medicine, and musculoskeletal ultrasound, is conducting an approved research study on cell therapy. To participate, you must be between the ages of 18-90 and suffering from grades 2-4 osteoarthritis of the shoulder, knee, or hip. Pregnant or lactating women are not eligible. If a participant is on a corticosteroid treatment, it must be suspended for at least one month prior to the study. Lastly, all patients must be willing to comply with the treatment and submit to periodic interviews about how they're feeling.

The treatment works by taking a person's own cells and tissues and injecting them into the problem joints. The cells have potent anti-inflammatory effects. They help nourish the joint and can improve the osteoarthrits. "We're seeing some very good results so far," said Dr. Darr, who has 20 years of experience in orthopedic medicine.

Cell therapy is done in the office and it is minimally invasive. Patients often see results within days and are able to resume normal activities. Some are able to return to work the following day. One of Dr. Darr's patients was back on the golf course within four days. Cell therapy provides a medical bridge between the older, conservative methods like bracing, non-steroidal anti-inflammatory drugs, and steroid injections and the more invasive surgical options. "More and more people are looking for non-surgical options," Dr. Darr said.

Another cutting-edge treatment Dr. Darr offers is platelet rich plasma therapy (PRP). The platelets in the blood can accelerate tissue repair and decrease inflammation. A patient has blood drawn and their blood is placed in a centrifuge, which separates the platelets from the other components, then injected back into the body. PRP can be used on joints and soft tissue, so it can be utilized not just for arthritis, but also for tendinitis and muscle tears, among other disorders. Dr. Darr emphasizes that both cell therapy and PRP injections are done with ultrasound guidance for pinpoint accuracy. "People are seeking these treatments from across the country," Dr. Darr said. "It's the patients' own tissues healing their own bodies."

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While Dr. Darr is excited about the non-surgical options available, he said his main vision is to integrate both cell therapy and non-surgical options with his surgical options for patients who do not respond to other forms of care.

The result of this comprehensive approach is rewarding to both the patients and the doctors. Dr. Darr finds his work immensely satisfying. "It's exciting for me because I enjoy getting my patients better and improving their quality of life with the least invasive, non-operative options possible," Dr. Darr said. "I feel like this is the future of orthopedic medicine."

*The Covington Orthopedic & Sports Medicine Institute is located at 1934J Sunshine Ave. in Covington. For more information, visit the website at [www.covingtonortho.com](http://www.covingtonortho.com) or call 985/278-5888.*