



Welcome to our E-newsletter designed to help keep our patients engaged with cutting edge physical and regenerative medicine, our office and our community. Please feel free to share this valuable information with your friends, family and neighbors. We are dedicated to improving the quality of your life! Enjoy!



The hip is the largest joint in the body and in severe and traumatic hip conditions, many doctors recommend surgery. Conditions such as arthritis, labral tears, and labrum tears were previously seen as only being solved or partially solved through surgery.

Fortunately, this is no longer the case and there is a [stem cell alternative to hip surgery](#). Using a combination stem cell injection with your fat and or bone marrow and with non controversial placenta tissue and adding PRP platelet rich plasma, it is possible to significantly repair painful hip conditions including, bursitis, bone on bone arthritis, tendinopathy, osteonecrosis, labral tears, and labrum tears.

The hip is a very complex, weight bearing joint. Although your body tries hard to repair itself, a traumatic hip injury often cannot repair on its own. Because of the severity of your injury, your hip doesn't have enough stem cells to repair your damaged hip, especially if the condition is bone on bone degenerative like arthritis.

#### Alternative To Hip Surgery

This is where we come in! By adding a boost of your own stem cells and non controversial placenta, Dr. Bieber can accelerate your recovery and healing of your hip such that not only is your pain significantly decreased but in many cases your condition is cured.

Using ultrasound guidance, Dr. Bieber places your stem cells in the damaged areas of your hip – including the hip joint and tendon attachments. Once inside the hip, your stem cells physically transform into the type of tissue your hip needs to repair itself. Stem cells act as a "neutral" cells, receiving a signal and direction from the brain to transform into the type of tissue your body needs to repair your hip, including bone, cartilage, nerve, blood vessel and muscle.

For example, with arthritis, a stem cell injection has the potential to add new cartilage to the hip joint decreasing pain, increasing mobility, and reversing the degenerative process of arthritis. In the case of a labrum or labral tear, stem cells may sufficiently repair this cartilage such that only physical therapy is needed to help the hip finish its healing process.

Either way, hip surgery is extremely invasive and risky. It is a great idea to try a simple injection procedure first, which has a success rate of repairing your hip condition. Then, and only then, if you do not see any improvement, you still have the option to get a surgical procedure.

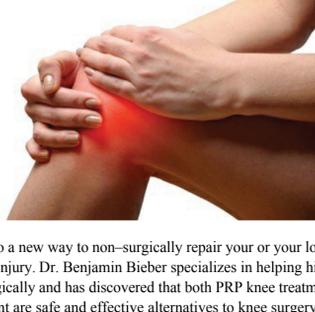
The first step is to schedule your consultation with [Dr. Benjamin Bieber](#). He will determine what type of stem cell therapy will give you the best chance of recovery. Again, these injections are natural, as the materials used come from the patient's own body.

#### Schedule Your Consultation Today!

There is a high success rate for hip treatment with stem cells, and it acts as a safe and effective alternative to hip surgery. We look forward to hearing your story and are here to help you resolve your hip problem.

Call (718) 835- 0754 or (212) 268-8181 and schedule your consultation today!

### Stem Cell Knee Treatment



Join us on a discovery to a new way to non-surgically repair your or your loved one's complex knee pain and injury. Dr. Benjamin Bieber specializes in helping his patients heal knee pain non-surgically and has discovered that both PRP knee treatment and Stem Cell knee treatment are safe and effective alternatives to knee surgery.

It is possible to heal complex knee injuries without the use of surgery. Surgery is risky and invasive and not only has a long-term and painful rehabilitation period but also often the results come with unintended complications. This is why either a stem cell injection or a PRP injection should be tried first before surgery. Often it is the case, where after this injection treatment, only physical therapy is then needed to finish off the full recovery of the knee.

PRP or Platelet Rich Plasma is derived and made from the patient's own blood. The platelets found in the blood create the platelet rich plasma that contains over 30 growth factors to stimulate tissue repair including tendons, ligaments, and muscles. PRP + Stem cell treatment is great at accelerating the recovery of ACL, MCL, and LCL partial and complete tears as well as arthritis, and even bone on bone arthritis.

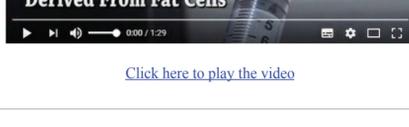
Stem Cell Therapy applies the use of stem cells to heal tissue damage. The stem cells used by Dr. Bieber are taken from the patient's own body, in the form of fat or bone marrow and then immediately injected into the knee. Please note that you, the patient, are wide awake during this procedure, only local anesthesia is necessary and the procedure is so minor that no stitches are needed. In special cases Dr. Bieber is also using non controversial placenta tissue to resolve painful joint conditions.

Stem Cells, signaled by one's brain, transform into the type of tissue the knee needs to repair itself. In the case of a complex knee injury, there often aren't enough stem cells to finish the repair. Adding a boost of stem cells can potentially help the knee to finish this repair.

Both of these treatments, PRP and stem cell, are used by some of the most famous athletes in the world right after an injury. They are proven to accelerate the healing process of an injury, and athletes use these treatments to quickly get back to their sport without undergoing surgery. Some examples of athletes that have used PRP treatment with success are Kobe Bryant and Alex Rodriguez.

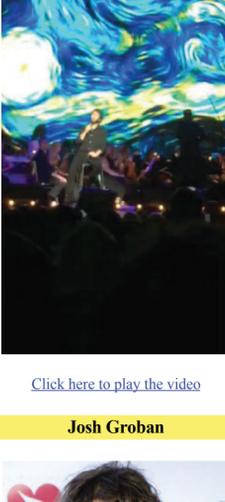
Again, this treatment is perhaps the best treatment to try before deciding upon surgery with all of its risks and complications. Dr. Bieber has helped patients for over 30 years heal from complicated knee injuries without the need for surgery.

We are here for you. Call 718 835-0754 or 212-268-8181 and schedule your consultation with Dr. Bieber today!



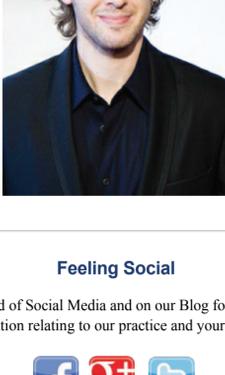
[Click here to play the video](#)

### Dr. Bieber's Favorite Musician



[Click here to play the video](#)

### Josh Groban



### Feeling Social

Find us in the world of Social Media and on our Blog for the most up to date information relating to our practice and your health...



For more information visit [www.crossbaypmr.com](http://www.crossbaypmr.com)

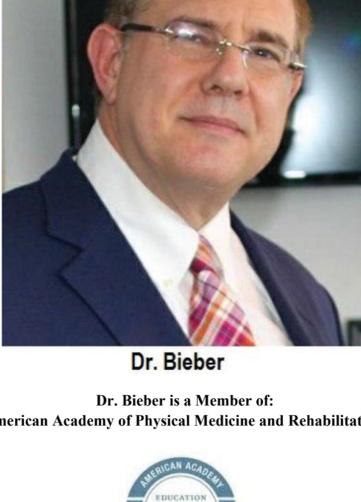
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Insurance Accepted only in Howard Beach office.

### Our doctor



**Dr. Bieber**

Dr. Bieber is a Member of:  
American Academy of Physical Medicine and Rehabilitation



Medical Society of NY



NY State Pain Society



### Our Offices

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