

## Living Pain Free 11/18/23

Narrator: Are you living in pain? Is it joint pain or muscle pain? If so, stay tuned. Welcome to Living Pain Free with Dr. Marc Darrow, from the Joint Rehab and Sports Medical Center in West Los Angeles.

This is the program that can give you effective solutions for the pain that you've been living with. Dr. Darrow is a medical doctor, board certified through his studies at UCLA. And Dr. Darrow uses stem cell and platelet-rich-plasma therapy to heal your body.

He teaches about the use of stem cells, PRP, and Prolotherapy. Today's program could open up a new life without pain for you. To speak with Dr. Darrow, call 866-870-KRLA, that's 866-870-5752. Ask for a copy of Dr. Darrow's Stem Cell and Platelet Therapy. Now here's Dr. Darrow with his co-host, Nita Vallens.

Nita: Hi there Dr. Darrow.

Dr. Darrow: Hola que tal.

Nita: Well, just fine. Great, how are you?

Dr. Darrow: I'm living it up.

Nita: Well, this is good. And what we do with our people in pain that call in to help them live it up today?

Dr. Darrow: Well, the first thing we do is give out our phone number so they can call us.

Nita: Okay, I'm in.

Dr. Darrow: And we're going to deal with healing your pain, your musculoskeletal pain. And probably half the people that you know, including half of you listening have pain. And I'm talking in this case about musculoskeletal pain.

That means your tendons, your ligaments, your bones, your joints, things like arthritis, neck pain, back pain, joint pain, and you know, toes, fingers, wrists, elbows, shoulders, knees, back. Yeah, we get tons of back pain.

So give us a call, we can describe how we use regenerative medicine, which is stem cells and platelets, from your body to help heal these areas instead of you having to get a surgery, like I did, which failed. So I know a lot of you listening, have had failed surgeries too.

So, the phone number, you ready? Get a pencil and write it down. If you're driving and you want to call in, pull off to the side of the road, and please get off of your Bluetooth, so everybody can hear you. And the phone number to the studio right now, is 866-870-5752, I'm going to repeat it, you ready, 866-870-5752.

I'm going to give you another phone number, which is to the office, and that phone number is 800-300-9300, 800-300-9300. There are people there my staff can give you a free phone consult, and we're introducing Dr. Thomas Grove, who is an amazing doctor.

If you look up on my website, you'll see a video of him on the first page, which [www.jointrehab.com](http://www.jointrehab.com) and [www.jointrehab.com](http://www.jointrehab.com) that website has a spot on every single page for you to email me. And I will get back to you the same day.

I'm going to hand out -- not hand out, well, I would hand out. I'm going to mail to you a free copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. It's a book that has a couple hundred pages on regenerative medicine, stem cells and platelets, and about 250 studies, actual scientific studies, on how these procedures actually work scientifically, and why surgery is no longer a very good option, because of the terrible side effects that come with it.

I'm not saying surgery should never be done, because there are cases, and you know the typical one, if you break a bone, you need to see a surgeon right away and see what's going on. And you may need surgery right away to put it back together.

But most of these orthopedic surgeries today, in my humble opinion, should not be done. And that's not a statement against the surgeons. I love surgeons. They are probably the hardest working doctors in medicine. A lot of stress. And unfortunately, they hurt a lot of people.

And I was one of them, as my listeners know, I had a shoulder surgery, I think it was 1994, I was doing orthopedic surgery with my boss in training, and I hurt my shoulder doing bench presses, with a wide grip, so I'd get the lateral pectoralis muscle hypertrophied, and my shoulder went out, terrible pain. I had a couple of steroid shots, cortisone, because I didn't know any better back then. Now I know that cortisone is deleterious to your tissue. It can actually cause arthritis and cause tendon tears, things like that.

If you want to check me out about that, look at Google, type in cortisone and type in cartilage. Those two words, and you're going to find out it is not a good thing, that it actually causes arthritis if

done in the joints. If it's done anywhere else, it's still not a great idea.

So I'm going to go some questions, until we get some callers here. So this one says torn meniscus. I have a torn meniscus and 50 percent cartilage wear in the same knee. My orthopedic surgeon advised me to lose weight, that's always a good thing for all of us. And take anti-inflammatory medications. That's a bad thing for anybody.

When you're taking anti-inflammatory medication, what is happening is you are blocking the inflammation that helps the body naturally heal, okay? Let that sink into your head. It feels good for a while, but in the long term you create damage.

So the orthopedic surgeon said repairing my meniscus would not solve my problem with my knee. I never had any pain in my knee, until I tore the meniscus. I think I need to repair my meniscus.

Well, the best way to repair is what I did with my knee, which is to inject it with stem cells. I had meniscal tears in both my knees, and if you want to look up meniscal tears, you'll see that most aging athletes have meniscal tears. That doesn't mean they have pain. Be very careful to distinguish between having pain and having some kind of abnormality and the thought of having surgery to fix it.

Because what we find is most of our patients that come in, who have had a surgery, have had a failed surgery. That means it did not work, or it made them worse. So why someone is going to get a surgery when they can do a simple injection with cells from their body, from their blood, from their bone marrow, from other things, stem cells or platelets, and actually heal the area up.

I have no more knee pain. And I run in the mountains with my Husky dog, Bella. Unfortunately, Dakota, said goodbye in August. They used to run, I used to run them together, I'd hook their collars together, but Dakota is in the puppy happy hunting ground now, God bless him.

So be careful, don't get a surgery when you don't need a surgery. You can use regenerative medicine very simply, very easily. You walk into the office, you get injected, and you walk out.

Nita, anything to say about that?

Nita:

Oh, yeah, because twice you have worked on me, and kept me out of surgery in my neck/shoulder area. I have a lot to say about it.

Dr. Darrow: Well, that's a good thing that you're talking about it, because I remember when you came in. Yeah, it was scary for you, but it wasn't scary for me, because I knew you were going to heal.

Nita: Well, see this is the thing is we're educating people. Because this is a new paradigm, compared to decades of people just running to surgery for orthopedic issues. So you have to open your mind a little bit.

Dr. Darrow: I agree.

Nita: So I had to open my mind.

Dr. Darrow: Yeah, and back in the day, when I didn't know about regenerative medicine, because it wasn't really in the forefront of musculoskeletal medicine at that time as it is now, I ran to get a surgery. Yeah. I pushed my boss to do it right away, and my arm ended up full of fluid.

And I had probably lymphedema, which is a term of the lymph going back into a limb typically, from having it cut. Often, we see it mostly in cancer patients, when they have their lymph nodes taken out. And there's an amazing woman doctor in Santa Monica, named Emily Iker, Emily Iker whose entire life is devoted to helping patients with lymphedema. And we just had a little meeting a couple days ago in my office, and I love the work she does.

It's different than the work I do. I mean, she wanted to know if stem cells would help with lymphedema, and I don't know anything about that. I mean, my work is orthopedics and musculoskeletal.

So here is a question, Hello, I'd like to schedule an appointment regarding tears in my shoulder. I have recent MRIs. Please call, text, or email.

Well, we got a hold of this person, and we're not bothered by the tears, because people have tears all the time anywhere in their body, but don't necessarily have pain or need a surgery because of it. And guess who's one of them? Me.

My right shoulder has a subscapularis tear. It has a supraspinatus tear, and it has a labral tear. And if you're interested in what these words mean, just type them into Google, and on the upper left-hand corner, there's a spot that you can click on images, and it will show you pictures of what your pathology is, or what my pathology is.

So I'm not worried about when people have tears on their MRI. Because the MRI often means nothing. We have to use our hands

and move the person around, and do a good examination, to actually find out where the pain is being generated from. MRIs or x-rays don't tell us where pain is coming from. And studies show that people with terrible MRIs, don't necessarily have any pain at all.

I've had people come in with 20 pounds of imaging. One guy had to go out to his car to carry it in for him. None of that related to where his pain was. I found his pain by using my hands, just like my Grandfather used to do, who was born before MRIs were invented. He actually born in the late 1800s, and he was my medical mentor, growing up.

So he was -- you know, he was a natural doc, because that's all they had. There wasn't much in the way of medicine. There were no images, and he would use his hands to examine, and then treat that way.

So, I'm going to do another one, Nita. I'm going to give out the phone number actually, first.

Nita:

Good idea.

Dr. Darrow:

The phone number is 866-870-5752, to call me right now at the studio, 866-870-5752. And if you call in now, or you call my office, which is a different phone number. That's 800-300-9300, if you call my office, you'll get a free consult on the phone with my staff, and we will send you out a free copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. It took me five years to write this book, to get all the research together and it shows why surgery is no longer the answer for most musculoskeletal problems.

It is useful in many things, but rotator cuff tears, meniscal tears, labral tears -- unh-unh, not in my humble opinion. So I do use an ultrasound to look inside the body, instead of an MRI. I mean, if you have an MRI, I want to see, but often the ultrasound, which can tell us in one minute. You don't have to go anywhere, we just take a look inside, and that will help us diagnose where the issue is.

So this next one is on a similar vein, but it's a little more complex. This person wrote, I had failed shoulder surgery. Let me see what that says here. So, Dr. Darrow, I had left shoulder surgery after chronic pain, and the pain is worse. That's what we call a failed surgery.

You'll hear things like failed back syndrome, but it can be anywhere in the musculoskeletal system, where you have a surgery, and it didn't work out well. So it's very, very common to have a surgery

and come out worse. If you come to my clinic some day you can talk to the patients, probably half of them have had a failed surgery already. And if you get a surgery, let's say in your knee, and some of the meniscus is taken out, which never needs to be done, in my opinion, unless it's blocking the movement of the knee. And that's not typically the case, they end up with immediate arthritis.

Now, I've had people say the surgeon said if I don't get the surgery, I'll end up with arthritis 20 years from now. Well, how about this, you get the surgery, and you end up with arthritis immediately. So I don't get it. If the surgeons would read their own journals, they would see that what they're doing for the most part in these kinds of cases is not good for patients.

I don't understand that. I really don't. And in the orthopedic journals, there's also studies on stem cells and platelets that shows that it works. Are they not reading their own journals? I don't get it. I really don't get it.

Nita: I don't get it either.

Dr. Darrow: In medicine, you know the most important law of medicine is, do no harm. What we do rarely causes anybody any harm. A major side effect is getting stiff, after we inject, we create some inflammation, and usually in a day or so, the inflammation is gone. So even the body is inflamed in that area to begin causing the pain, we need to kick up that inflammation a bit more by injecting with stem cells, or platelets.

I'm going to give out the phone number again. It's 866-870-5752, give me a call let's talk about what your issues are. Anything to say, Nita? Yes, you do. You want to ask me if there's other things we do in the office, and there are.

Nita: Yes, how did you know? You read my mind again!

Dr. Darrow: I know. I'm so good at that.

Nita: I know.

Dr. Darrow: We can inject the stem cells or platelets into the face and there is a treatment we do called the Vampire Facelift. Kim Kardashian made that famous, because she had it done. And we get just as many men as women, who come in for Vampire Facelifts, and we just inject your own platelets, or it can be your stem cells to regrow the collagen in your face. So it's plumps up the collagen again, and makes you look younger.

Nita: Would you like to talk to OC in Los Angeles?

Dr. Darrow: Yeah, OC, just hang. I'm going to go for one more part of this.

Nita: Okay.

Dr. Darrow: Which is, these treatments can also be used to stimulate the follicles on the head, to regrow hair. So if you're starting to lose your hair, this may be the treatment you have been looking for.

So OC, how are you today, my friend?

OC: Oh, I'm all right. I don't want to call this pain, I'm going to call it discomfort right now. The word pain can be seen like psychological warfare, they want you to be on the pain, so they can treat you, or mistreat you. I'm supposed to get an injection, based on an accident I had July the 5th and I was not at fault. And I had an MRI, and now they schedule me for an injection, they recommend an injection for the pain problems, that I'm complaining about.

Dr. Darrow: Yep, where is the pain you have?

OC: In my lower back.

Dr. Darrow: Okay. So what they're probably talking about is doing an epidural. Do you have any pain down your legs?

OC: Yeah. They claimed I had a little problem on my left side, you know --

Dr. Darrow: No. I'm asking if you have pain. Do you have pain in your legs?

OC: Oh, go ahead. But is what -- I got a little [inaudible] out if you can help me pronounce some of the words. Just a little short, just they said, I have three radiographs of the lumbar spine obtained today, reveal a left list with a right [inaudible] a thoracic lumbar.

Dr. Darrow: Yeah, I'm not sure what you're saying but I've got to get something else that's more important.

OC: It's t-h-o-r-a-c-o-c-u-m --

Dr. Darrow: Thoracic yeah. The point is that that's not relevant to me. I'm going to go somewhere else --

OC: And it says also --

Dr. Darrow: Hey, OC, can you listen for a second? I've got information for you, buddy. Do you have pain down your legs.

OC: I've got to [inaudible].

Dr. Darrow: What's that?

OC: No, so my brother come to my window, knocking on the door, trying to get my parking spot, all right, go ahead.

Nita: OC, the doctor is asking if you have pain down your legs?

OC: No. I did but I don't have it.

Dr. Darrow: Okay, so that shot in your back, called an epidural is not what you want to get. That's cortisone in the low back. It may help you if you have terrible leg pain, but you're not complaining of that. You're complaining of back pain.

So for back pain, we would use regenerative medicine, and we would stabilize your vertebrae by injecting the ligaments around there, and thickening them up. When we inject the ligaments, they actually grow in size and thicken up, and they tighten up, so that's what I would think the treatment would be for you. Okay?

OC: How can I -- I appreciate you. How can I switch this over from the medical bills, and use this as part of the -- I have to talk to my lawyers on that huh, to make this part of this lawsuit.

Dr. Darrow: Well, I don't get involved in lawsuits, you have to talk to your lawyer about that.

OC: I know. I have to work that out with the lawyer.

Dr. Darrow: Here's what you do get a pencil and paper, write down my office number, it's 800-300-9300.

OC: Oh, 9300, I got that in my head.

Dr. Darrow: What's that?

OC: And you're not too far from me either.

Dr. Darrow: Okay. Write down this phone number to the office, 800-300-9300, and my staff will give you a free consult on the phone. And you can talk to them about your particular situation, okay.

OC: Okay.

Dr. Darrow: God bless you my friend. I really appreciate your call. It's been nice talking to you. And I hope you heal up right away.



Nita: Thank you for your call, OC. And the number is 866-870-5752, you can call and speak to Dr. Darrow right here, right now -- right here in the studio.

Dr. Darrow: Yes. Yes. And if you want to watch videos of me doing these procedures, go to the website, [www.jointrehab.com](http://www.jointrehab.com). There's pages and pages and pages of information. I work on that website every day. There's a lot of videos on there, you can see a video of Dr. Thomas Grove, who is a great injector, who is doing my injections for me now.

And he played linebacker for the Huskers, so he's a big boy, and he's kind of busting out of his clothes with muscles, and he's fun to talk to, so you'll enjoy him.

Nita: That's cool.

Dr. Darrow: All right. Let me go to another question, here, Nita, if you don't mind.

Nita: Sure.

Dr. Darrow: Okay, let's see here, actually this is another one on back pain, but we already covered back pain pretty -- well, we could talk more about back pain.

So many times back pain can be diagnosed as a herniated disk, it could be diagnosed as facet arthropathy. There's just a whole ton of diagnoses, spondylolisthesis, spondylosis, it could be curvature of the spine.

I don't really care what the diagnosis is, and I find that most patients who come in to see me have the wrong diagnosis, because the diagnosis was made from an image, rather than from the doctor actually touching the body and doing an examination to find the pain generator.

So it's a sad case, most doctors don't touch the body anymore. Many doctors don't even see patients anymore, they do telemedicine. I had -- I should mention this again, about a month ago, I had a cardiac ablation, where a catheter was injected into my groin and threaded up into the pulmonary -- through the pulmonary vein, to the atrium of the heart, and it irradiated the pathways of irregular heartbeats.

So I woke up and my arrhythmia was gone, my doctor was at UCLA, his name if you want the best guy in town is Eric Buch, an amazingly wonderful man. I love him. And Eric Buch met me on

telemedicine. So I never met him before the procedure except when I came into the hospital that morning. He popped in to say hi.

I think that's pretty amazing.

Nita: That's amazing.

Dr. Darrow: Yeah, it is. And I literally fell in love with him on the internet. I thought he was very kind and informative. I didn't need to go to UCLA to meet him. I didn't need to spend three hours driving and -

Nita: Parking.

Dr. Darrow: Sitting, parking, and waiting around. And doctors are busy, you know, you've got to wait usually. Yeah, so I think telemedicine is a great thing, but at the same time in musculoskeletal medicine, I think it's a travesty.

Hang with us, and I'll get into this more after the break. Call the office at 800-300-9300, you get a free copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. And we'll send that out to you for free, and I'll pay the postage.

Nita: And we'll be right back.

[Break]

Narrator: Whether you have pain in your back or joints, surgery may not be the answer. Instead of the dangers involved in cutting out tissue, consider healing and rejuvenating the area with stem cells, platelet-rich plasma or Prolotherapy, the treatments that are available to professional athletes are now available for you. Watch the videos at [jointrehab.com](http://jointrehab.com) or call the Darrow Wellness Institute at 800-300-9300, 800-300-9300, that's 800-300-9300.

Nita: Welcome back to Living Pain Free with Dr. Marc Darrow. I'm your host, Nita Vallens and we are taking your calls right here, right now in the studio at 866-870-5752. If you have musculoskeletal or orthopedic issues, give us a call, you can talk to Dr. Darrow. He's the guy.

Dr. Darrow: That's what my mom thinks anyway.

Nita: See? I knew it.

Dr. Darrow: You and my mom would get along great .

Nita: Yes, where is she?

Dr. Darrow: She's in heaven, looking down on us.

Nita: That's what I thought.

Dr. Darrow: Sending love as always, my angel.

Nita: So how old would she be today, if she were still here?

Dr. Darrow: Born in 1911.

Nita: Wow, nice.

Dr. Darrow: Yeah, someone just dropped off my dad's birth certificate. He was born in Russia in 1906.

Nita: Wow.

Dr. Darrow: And I actually had a friend of mine, who was born in Russia, come over and read it for me.

Nita: Oh, wow, that's so cool.

Dr. Darrow: Yeah, it's a great big parchment that is really a beautiful document. And it's nice to have it in my office now. I love my dad, love my mom, great people.

So let's get back to musculoskeletal medicine in orthopedics.

Nita: All right.

Dr. Darrow: This is Dr. Marc Darrow, and I've been doing this work for over 25 years, ever since my residency at UCLA. And I love this work, I love watching people heal. And we actually -- it makes us very, very happy to do this kind of medicine. I know a lot of doctors are kind of fed up with medicine and insurance and all of that kind of stuff. But we absolutely love what we do.

We're outside the box, you know in terms of our referrals come mostly from -- some come from doctors, but I don't need to satisfy doctors and tell them what they want to hear. I just tell them the truth. So our referrals come mostly from patients and things like that, because when someone heals, they send everybody. They send their family. They send their friends. And sometimes they even send their enemies.

Nita: That's hilarious

Dr. Darrow: So this -- I'm going to do a question here, let's see. This one says perineal tendonitis. So there is a perianal tendon on the outside of

the ankle. And by the way, you can type into Google, perineal and there's a nerve, but there's also a tendon there. It's right under on the bottom I should say of the lump that's on the side of your ankle, okay.

And I once had a skier, a very, very high-level skier, who taught skier. And she came in with her perineal tendon, sticking out like a finger, wrapped around that area. And she said do you think you can help me. I said, I can probably help get rid of the pain, but I don't think I can help that tendon disappear and go back to being flat.

And she said, well, I need to get rid of the pain, I can't ski. So we did an injection, regenerative medicine this was years and years ago, and she came back two weeks later, and that tendon totally flattened out, the pain was gone, and she was getting ready to go skiing again, which was like her life dream, was always skiing.

So this stuff works, people. I mean I've had the worst injuries come in, things that I never thought would heal and did. Another one that I'm thinking back that's similar is Joe DeAngelis, a bodybuilder from Gold' Gym, Mr. Universe, Mr. America. He was squatting 750 pounds; do you know what means?

Nita:

No.

Dr. Darrow:

I know. Because it's -- it's like too much. And when he squatted, he would touch his butt to the ground, all the way down. And he ripped out the tendon attachments to his left greater tuberosity, okay, you guys can look up these words on Google.

He had a lump half the size of a baseball on the side of his femur, what people call their hip. It's not their hip. So he came in, and said do you think you can help me? And the same thing, I said, probably help you get rid of the pain there, but I don't think we can rid of that lump.

And I put a needle in there to inject it, and it felt scratchy, like bone. We did three treatments, two weeks apart, came back, and that lump of callus was totally flat and gone. He was pain free and he went to doing squats again.

And does it always work like miraculously like this? No, nothing does. But the nice thing about this, it's very difficult to hurt somebody. It's a very conservative treatment, injecting platelets or stem cells. Very simple. I like it, because it's simple. I can put an ultrasound on it and see what's going on. This is the type of ultrasound that's like a camera inside the body, you can look inside,

very easy to use. We have three of them in the office, they're on little tables, we wheel them around from room to room. And it's very easy to look inside the body and see if there's any pathology.

It's not the only way to diagnose, because the hands are most important. But we use it help guide the needle also. So you can actually see the needle going to the target space. If you have someone, for example, injecting a hip, or a knee, or a shoulder, without ultrasound, I would say there's probably oh, 30, 40 percent chance they're actually missing the area that they want to inject. That's a big problem.

Anyway, this question goes on, I diverted myself there. The person says, have an ankle inflammation condition and podiatrists called it perineal tendonitis. I first went to physical therapy five to six months, along with taking a medication, Meloxicam, for pain and inflammation. Still not any better.

Well, to me, why not fix it? Why not regrow the tissue? Why not regenerate it? Why not use stem cells or platelets from your body and actually heal it up. You know, these other things may be great, Meloxicam is not something great, because it blocks the inflammation. It's an anti-inflammatory. And it actually blocks the healing.

You can feel better for a while, but it blocks the actual healing. The way God made the body was to heal itself. So inflammation is the way the body heals itself in the musculoskeletal system. In my book on Prolotherapy, a very old book, it has diagrams of inflammation and showing how the body actually needs the inflammation to heal itself.

So let me go onto another one.

Nita: Do you want to give the phone number again?

Dr. Darrow: I do, but first I have to clear my voice, I'm talking too much.

Nita: Okay. I'll give you phone number while you do that. It's 866-870-5752. That's 866-870-5752 right here in the studios so you can speak directly with Dr. Darrow. And you get the free book today, Dr. Darrow's latest Stem Cell and Platelet Therapy, Regenerate Don't Operate.

Dr. Darrow: And we're going to mail it out for free if you call us now.

Nita: It's free! No postage, free, free, free.

Dr. Darrow: We pay the whole thing.

Nita: That's right.

Dr. Darrow: People like free. And also free, call the office, you get a free consult with my staff, and the number there is 800-300-9300.

Should I go to shoulder pain, here?

Nita: Yes.

Dr. Darrow: Okay. This is short and sweet this comes in from --

Nita: And we have a call coming in, so that you have time to do that before the call comes up.

Dr. Darrow: Well, thank you for letting me know that, Nita. I'll be watching for that.

Nita: Oh, maybe not.

Dr. Darrow: Maybe not.

Nita: Maybe Louise is right here, right now. Yep, she sure is.

Dr. Darrow: All right. Louise are you rolling in from the estate.

Louise: Hi, Dr. Darrow. I was at your place on Wednesday, getting a shoulder treatment.

Dr. Darrow: Okay.

Louise: And I just -- I just wanted to tell people; how wonderful the experience was.

Dr. Darrow: Wow.

Louise: For me from the staff to the doctors, Dr. Grove is wonderful. You were wonderful, I met you there. To drawing blood to injecting. You -- I got to see the ultrasound of the inspection, I got to see the ultrasound of the injection. It's so fascinating, it's basically pain free. And the next day, I mean, I was fine. I'm going to go back in two weeks, and you guys are going to check me out, but a wonderful experience. Wonderful.

Dr. Darrow: Louise, do you need a job working for us?

Louise: Oh, I just want to thank you.

Dr. Darrow: Well, God bless you, I appreciate the kudos there as they call it.

Louise: Yes.

Dr. Darrow: Most people have an amazing experience with this, because we're a happy team. And tell us about Dr. Grove's personality, because he's unique.

Louise: Oh, he is wonderful. He's so engaging. I'm someone who has a million questions, he entertained every one of my questions in detail, which is so nice to have a doctor do that. He's a personable guy. He's -- I think he's young. I'm not so young, but I think he's young, and he's great experience and just a wonderful, great bedside manner, if you will, wonderful!

Dr. Darrow: Well, I'm so grateful to have him on staff, as my listeners know, my hands have been worn down, after injecting all these years. And I have trigger fingers which hurts to inject. So Dr. Thomas Grove is now my injector. And he's been trained literally better than any person on the planet. He's been -- he's been doing this work for, oh, a dozen years or so. And he's had the best training that there is.

And I am so confident with him, when I brought him on staff in August, I was in the room with him, you know, showing him how I do things. And then -- then he started doing it, and I was watching him. And finally one day he say, okay, you don't need to be here anymore. Tell us how he looks?

Louise: How he looks, oh my gosh. He is a -- he obviously works out at a gym, many times a week. Very buff. Very muscular. Very healthy, the spitting image of health.

Dr. Darrow: Yeah, he really is. You know, I don't think he's ever been sick one day in his whole life.

Louise: Well, I'm envious.

Dr. Darrow: He's one of these superhuman beings, handsome dude, fun to talk to.

Louis: Yes.

Dr. Darrow: He was the captain of his football team in college. And he's just really knows how to deal with people. So Dr. Grove, I'm wearing a hat, I'm going to take it off to you. And I really love the guy, that's all I can say. And all the patients love him too. He's got the best personality of just about anybody I've met in my entire, entire life.

Louise: Yes, absolutely wonderful.

Dr. Darrow: And the best hands. I mean he is just the best injector I've ever seen.

Louise: Well, I just needed to --

Dr. Darrow: Well, I'm glad you had a great experience, Louise.

Louise: I'm sorry?

Dr. Darrow: I'm so happy you had a great experience with us.

Louise: Yes. I just want people who are listening to the show to know that. Don't be afraid. There's nothing to be afraid, it's just easy-peasy, piece of cake, no pain, wonderful.

Dr. Darrow: Well, God bless you, Louise. I appreciate the call in. And --

Louise: You got it. Thank you. Bye.

Dr. Darrow: Next time you come in, I'll spend more time with you.

Nita: Thanks, Louise.

Dr. Darrow: Thanks, Louise.

Nita: That's awesome.

Dr. Darrow: I'm lifted.

Nita: Totally, I'm even lifted.

Dr. Darrow: Yeah, that person, Louise, I mean she sounds like a lifter, right?

Nita: She's very energetic and very positive.

Dr. Darrow: And psychological terms, since you're a psychologist, Nita, what do you call a person like that, who just lights everybody up?

Nita: Well, there's all kinds of things that we could call somebody, but the energy that you feel off of her, we just felt lifted up. It's just part of her personality.

Dr. Darrow: Yeah. Yeah. She's a light bearer. I call them light bearers.

Nita: Well, that's a good one. I like that.

Dr. Darrow: Yeah, they walk in the room, and you feel good.



Nita: Yes.

Dr. Darrow: So I'm going to go to another question, after we give out the phone number. This Dr. Marc Darrow, and the show is Living Pain Free, and it's all about stem cells and platelets, which is now called regenerative medicine. And how to heal your pain, in the musculoskeletal system, neck, back, fingers, toes, arthritis, hips, shoulders, knees, ankles, it doesn't really matter where it is.

If it's the musculoskeletal system, we can usually help. A very conservative procedures, you walk in the office, you get injections, and you walk out. You can drive yourself. You don't need anyone to drive you. There's no anesthesia needed.

There are some people who are -- what should I say, needle phobic. And we can give them some Xanax to chill them out, if they do that, they need to have a driver, because that sedates them a little bit. It takes the edge off.

I actually had one guy came in, and I offered him some -- he said he was needle phobic, afraid of needles, and I said well I'll give you some Xanax. He goes no, I don't want that. He says have you got any alcohol? And I did. I had -- patients sometimes give me like Tequila or something like that. I'm not really much of a drinker, but I keep it in my office. And so I gave him a few shots of Tequila, and he loved that. And the procedure went very well for him.

So the phone number to the studio right now is 866-870-5752. You can call us right now, or you can call the office, and get a free consult with my staff, and a free copy of my book, if you call the studio, or you call my office. And the office number is 800-300-9300. You can also email me. And to get to the email, it's on every page of my website, [www.jointrehab.com](http://www.jointrehab.com).

So this is a question on chronic shoulder --

Nita: Okay, but we have a caller, Donald in Selmar.

Dr. Darrow: Okay, let's do that. Thank you, Nita, for being my eyes.

Nita: You're welcome.

Dr. Darrow: Okay. So Donald, this is Dr. Marc Darrow. How are you today, sir?

Donald: I'm surviving. I'm 86 years old.

Dr. Darrow: Well, what's wrong with that?

Nita: Good for you.

Dr. Darrow: That sounds pretty good to me.

Donald: Well, I'm assuming when you get older, you get all kinds of problems, that's all I'm saying.

Dr. Darrow: Well, some people do, some people don't. Some people are young and get problems, you know. And some people who are older, I don't know what older means these days, because you're 86, and you're still kicked pretty good.

Donald: Well, I've just got a lot of pain. I think it's mostly the back and the rotator cuffs. But I use a walker, and I'm afraid of balance, I'm afraid of falling. I have fallen three or four times.

Dr. Darrow: Okay. Donald, have you ever gone to physical therapy for gait training?

Donald: I can hear, gait you said?

Dr. Darrow: Gait, G-A-I-T, it's ambulation training. It's how to fall --

Donald: G-A-I-P.

Dr. Darrow: T, like Tom.

Donald: Well, I've had physical therapy, but I don't know what gait training is.

Dr. Darrow: It's a training to teach you how to fall without breaking a hip or shoulder.

Donald: Well, that sounds like an interesting subject, but I have to plead guilty on that one.

Dr. Darrow: I would, the next time you go to physical therapy, tell them you want gait training. And they teach you --

Donald: And that's G-A-I-T, gait.

Dr. Darrow: You got it. You got it. So they teach you, if you're going to fall, they teach you how to roll with it, rather than to fall with an impact.

Donald: Okay.

Dr. Darrow: And then they also, which is just as important is they teach you recovery. That means, if you're on the ground, and you're what I'm going to call elderly, I don't know what elderly means any more, but more frail. And you can't get up, they teach you how to get up.

Because there are people that die probably every day in their house after fall, because they can't get up to make a phone call, to get help.

Donald: Well, it happened to me.

Dr. Darrow: Well, you're still here, so you made it, God bless you.

Donald: Well, I know, but just -- just barely, I couldn't reach the phone that was the thing. I couldn't reach the phone. And I was thinking of getting one of those emergency call buttons around your neck.

Dr. Darrow: I think that's a smart idea. But I think it's also smart to -- the next time you're at physical therapy, ask them to teach you how to fall and how to get up.

Donald: Okay.

Dr. Darrow: And then how to strengthen the muscles that will help you get up.

Donald: Okay.

Dr. Darrow: I mean, I don't care who you are, you could be, you know Arnold, the bodybuilder, with aging, the muscles decrease, we get weaker, we become more frail, the bones become osteoporotic. And I don't care who you are, that's just a natural part of aging, if you live long enough.

So I do treat people who are 100 years old, not too many, but I have treated several. I treat tons of people in their 90s, lots in their 80s. And I actually treat children. We get a lot of young athletes that come in. So age has nothing to do with repair of tissue. We can repair tissue on anybody.

Donald: Okay.

Dr. Darrow: So you mentioned that your rotator cuff is bothering you, that's an attachment of tendon that attaches to the shoulder. And are you able to lift your arm up in the air?

Donald: Well, I mean, yeah, except in certain places, then I've got to do it slowly, of course.

Dr. Darrow: Okay.

Donald: In certain areas it's tough, yeah.

Dr. Darrow: Sure. If you're using a walker, you're going to be stressing your shoulders, and then my job with you would be to repair the area, where you're having tendonitis, or a tear in the shoulder.

Donald: Okay.

Dr. Darrow: So we get that a lot with people in walkers, or wheelchairs, you know the shoulders are just going to wear out. But that doesn't mean they can't be repaired. So when you have a car that you love, and you've had it for many, many years, you don't throw it in the trash, in the dump. You repair it, right?

Donald: Yes.

Dr. Darrow: We have things called classic cars. So at the age of 86, you're moving into the classic phase, and you need maintenance, just like a car that you love.

Donald: Uh-hmm.

Dr. Darrow: And that's what we do. We use stem cells or platelets from your body, and we inject it, very simple, come into the office, we draw your blood, we inject it, and you walk out.

Donald: Is there any risk or anything like that?

Dr. Darrow: Well, there's always a risk of anything, right. The main risk with the thing we see with patients when we do this is they get stiff a little bit afterwards.

The risk of infection is the same with any injection, it's very, very, very minimal. It's possible theoretically in some parts of the body to hit the lung, to hit a nerve. Thank God, that's a rarity, but the main thing with you, is you'd feel a little stiff most likely for that day, or to the next day.

Donald: Okay.

Dr. Darrow: Any other questions you have Donald?

Donald: Just what to do and how to do it, and how much it costs, I guess it all boils down to that. How long is it good for --

Dr. Darrow: The best thing for you to get the little details is to call 800-300-9300, that's our office, and they'll give you a free phone consult right on the phone.

Donald: Okay.

Dr. Darrow: Donald, I hear that fancy banjo playing Blue Grass, so it means the show is over. God bless you, my friend. I can't wait to see you.

And for those of you that want to call the office, it's 800-300-9300, if you want to email me through the website, that's [www.jointrehab.com](http://www.jointrehab.com). We love you all, and we hope for a quick healing. Thank you, Nita, and staff. God bless you.

Nita:

Thank you.