

MEET THE DOCTOR

WILLIAM F. HEFLEY, JR., M.D.

BOARD CERTIFIED ORTHOPEDIC SURGEON



SPECIALTIES:

Knee Surgery
Hip Surgery
Shoulder Surgery
Sports Medicine
Stem Cells/PRP

As a native of Little Rock, Dr. William F. Hefley, Jr., earned his undergraduate degree from Harding University and medical degree from Vanderbilt University School of Medicine. He completed his residency in orthopedic surgery at UAMS and received additional training in sports medicine and joint replacement surgery from St. Mary's Hospital System and the Royal National Orthopedic Hospital in London, England.

Practicing in Little Rock since 1990, Dr. Hefley specializes in minimally invasive surgery of the knee, hip and shoulder. His interests include arthroscopic surgeries, total joint replacements and sports medicine. Dr. Hefley's lifelong love of sports fueled his passion for treating

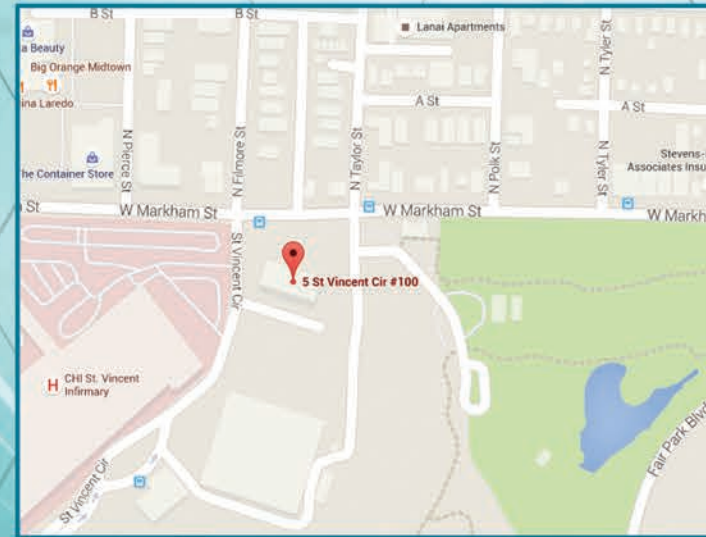
athletes, helping them recover and return to the games they love, as well as those patients who simply want to be able to live their lives free of pain.

Dr. Hefley uses stem cell and PRP therapy to help his patients' relieve their pain without the need for invasive surgery. Stem Cell and PRP therapy can also be used in the O.R. as an adjunct to surgical repair. His goal is to get you active again, while recovering as quickly as possible.

CALL DR. HEFLEY'S OFFICE TODAY FOR AN APPOINTMENT IF YOU THINK YOU MAY BE A CANDIDATE FOR STEM CELL AND/OR PRP THERAPY.



VISIT MY WEBSITE AT
www.drbillhefley.com

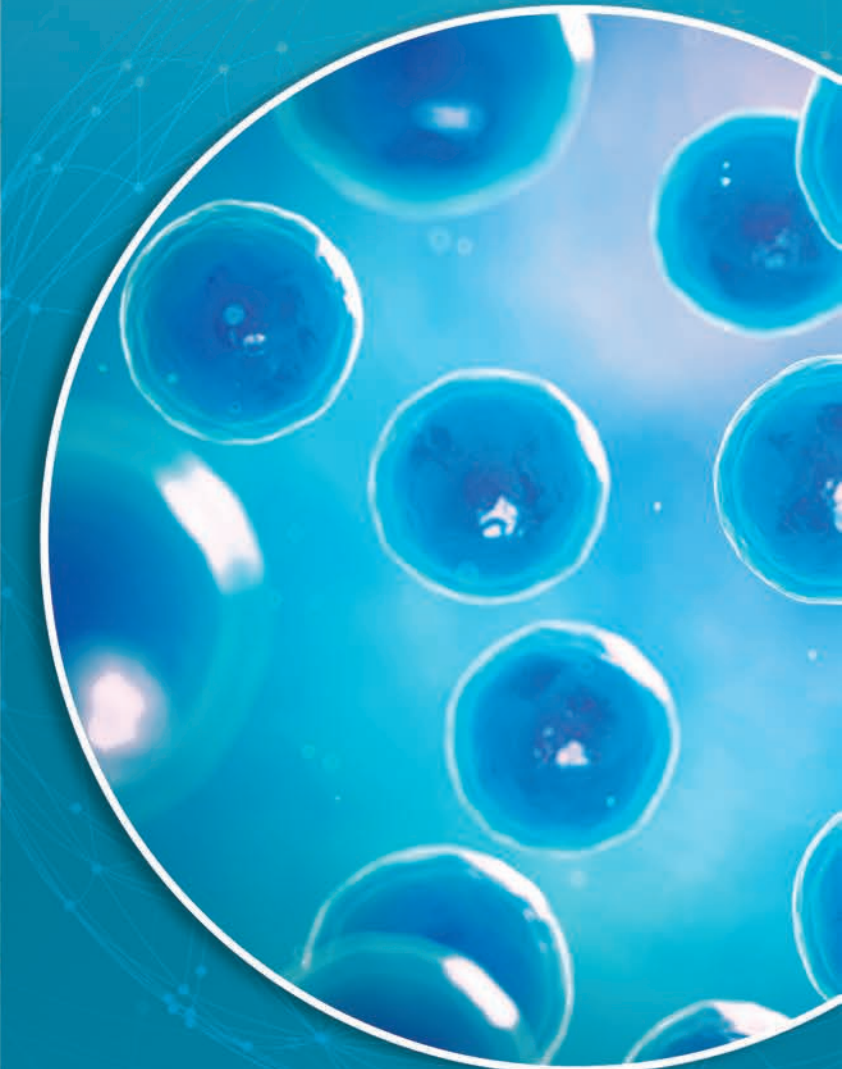


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REGENERATIVE MEDICINE:

STEM CELL & PRP THERAPY



STEM CELL THERAPY:

What are Stem Cells?

Stem cells or mesenchymal stem cells (MSCs) from your blood and bone marrow are harvested to treat your orthopedic condition or injury such as joint pain from arthritis, cartilage damage and ligament or tendon injury. They may also be used in the operating room during surgical repairs or postoperatively to help expedite the healing process. When someone has a condition or injury, these regenerative cells are injected into the targeted site, and have the potential to form bone, ligament, cartilage, and tendons. This procedure generates new healthy tissue, which accelerates the healing process.

The Procedure:

Stem Cell injections are done in our office, which takes about an hour to an hour and a half to complete. An ultrasound is used to locate the Posterior Superior Iliac Spine (PSIS) of the pelvis to harvest the stem cells. Once bone marrow is harvested it is spun in a specialized centrifuge that utilizes advanced three sensor technology and the principle of flow cytometry, or light absorption by cells, to achieve precise separation of the different cell types. The concentrated MSCs are then injected into the desired site.

The Benefits:

With stem cell therapy ligament, bone, cartilage and tendon healing can be facilitated and accelerated. Decreased pain can be seen as early as 2-4 weeks. Stem cells live and continue to work for the first year after the injection. Over time, healing along with cartilage and tendon formation will be seen.

Follow-up:

Dr. Hefley recommends to follow-up with a PRP (Platelet-Rich Plasma therapy) injection four to six weeks after receiving stem cell therapy.

PRP THERAPY (PLATELET-RICH PLASMA):

What is PRP Therapy?

PRP or Platelet-Rich Plasma is made from your body's own blood cells and bone marrow and contains a higher concentration of platelets which can be delivered specifically to the source of pain or injury. Platelets are created by bone marrow and found in the bloodstream. Increased levels of growth factors have the potential to improve signaling and recruitment of cells. Platelets aid stem cells to promote healing and can be considered a "booster shot" after stem cell therapy.

The Procedure:

PRP injections are done in our office and will take about 35 minutes. Blood is drawn from the arm, and then placed into a specialized centrifuge, which separates the platelets and other beneficial growth factors. The PRP is then injected into the desired site.

The Benefits:

PRP therapy aids in the healing process and helps decrease pain and inflammation for conditions such as chronic pain and stiffness associated with osteoarthritis, as well as rotator cuff tears, plantar fasciitis, tendonitis, ACL tears, tennis elbow, strains, sprains and other orthopedic conditions. PRP injections can also be done post-operatively to help expedite healing.

Follow-up:

Dr. Hefley may recommend that you follow up with additional PRP injections or simply a follow up visit in the office 6-8 weeks later to check your progress. The treatment plan will depend on your individual condition.

ARE YOU A CANDIDATE FOR STEM CELL AND PRP THERAPY?

You may be a good candidate for stem cell therapy if you have been suffering from joint pain, tendon tear or tendonitis, ligament injury, cartilage damage, or bone fracture that is slow to heal and want to improve your quality of life while avoiding invasive surgery. It is important to note that everyone's body responds to things differently. Stem cells can help prolong the life of a joint by creating new cartilage, and benefits those who may not be candidates for surgery due to their age, poor health, or other concerns.

Will insurance cover these procedures?

Insurance companies do not cover stem cell and PRP therapy injections. Although they have been around for many years, insurance companies still consider these treatments experimental.

On a blood thinner?

No anti-inflammatory, blood thinners, or steroid medications are to be taken seven days prior to your procedure.

What to do after stem cell and PRP therapy injections?

You can use ice for 10-20 minutes every 2-3 hours if required. For the first seven days following a stem cell or PRP injection, avoid anti-inflammatory and steroid medications. Modify the amount of physical activity for the initial seven days with no sports, running, jumping, and strenuous activity.