



New Standard of Care: Practical Integration of Regenerative Modalities

Thuy Ho-Ellsworth, DPM

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*Board-certified podiatrist
Align Foot & Ankle
Austin, Texas*





*What exactly is
Regenerative Medicine?*



*Why did I incorporate
Regenerative Medicine
into my practice?*

*“Regenerative medicine is basically the Franks Red Hot of podiatry—put that sh*t on everything!”*

Regenerative therapies consume the least amount of time, yield the best non-surgical outcomes and patient satisfaction -with the highest ROI.



Transitioning from Traditional to Advanced Therapies

✓ *Breaking the Traditional Algorithm*

Transitioning from traditional protocols model to early introduction with regenerative solutions

✓ *Repositioning Regenerative Therapies*

Offering PRP, Umbilical Cord Tissue, Adipose Tissue, Peptides, ESWT, and laser as first line options in treatment plans

✓ *Empowering Patient Decisions*

Presenting innovative therapies early to build trust and encourage investment in outcomes. Present options and let patients decide.

Types of Regenerative Medicine

- ✓ *PRP*
- ✓ *Umbilical Cord Tissue*
- ✓ *Adipose Tissue*
- ✓ *Peptides*
- ✓ *Shockwave/Laser*
- ✓ *Redlight Therapy*



PRP (Platelet Rich Plasma)

- **Clinical Advantages:** Promotes tissue healing via concentrated platelets; effective for tendons, fascia, and chronic pain
- **Patient Perceptions:** Seen as natural, minimally invasive, and biologically intuitive, increasing treatment buy-in.
- **Logistical Constraints:** Blood draw, centrifugation, and injection time reduce in-office efficiency; not ideal for quick-start protocols. Limitations with age and co-morbidities.



*Balancing Clinical Value
with Practical Limitations



Umbilical Cord Tissue Allograft

- *Complete Biologic Matrix: Contains exosomes, cytokines, extracellular matrix proteins, and growth factors from Wharton's Jelly*
- *Differentiation from Amnion: Richer cell signaling environment and structural support than amniotic allografts*
- *Practical Early Use: Single-vial solution simplifies workflow, no blood draw required; optimal for first-visit interventions*

*Optimal outcome with
the **HIGHEST** ROI

Addressing Fat Pad Atrophy in Foot Care

- *Underdiagnosed Epidemic: Fat pad atrophy is a key contributor to metatarsalgia, heel pain, and neuroma progression yet often missed*
- *Allograft Fat Implantation: Restores natural cushioning and reduces shear forces with minimal downtime.*
- *First-Line Structural Restoration: Used early in chronic pain cases to reduce mechanical overload and improve shock absorption*



*Allograft Adipose Therapy for a Common but Overlooked Pathology

Peptides in Podiatry: Regenerative Biochemistry for Soft Tissue Repair

Enhancing Healing, Modulating Inflammation, and Supporting Recovery



Enhancing Healing, Modulating
Inflammation, and Supporting Recovery

- **What are Peptides:** Naturally occurring amino acids that play an important role in biological functions. Hormone regulation, cell signaling and immune response
- **Mechanism of Action:** Peptides like BPC-157 and TB-500 promote angiogenesis, tendon repair, and inflammation modulation
- **Clinical Use Cases:** Post-surgical, wound healing, tendon and ligament repair, broad ranging inflammatory conditions
- **Patient-Friendly Integration:** The emergence of oral bio-available peptides have created easier application pathways for podiatry

ESWT & Class 4 Laser. ***A new paradigm in*** ***inflammation control***

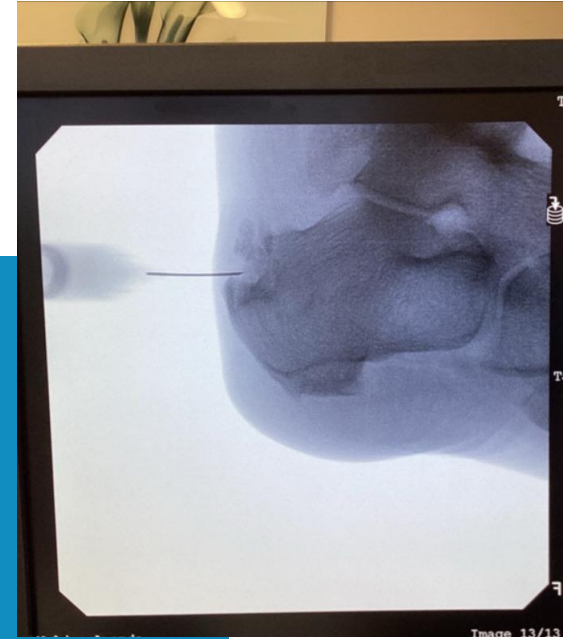
*Distinct from NSAID's – Biomechanical
and Cellular Modulation*

- ***Mechanism of ESWT:*** *Microtrauma from shockwaves stimulates angiogenesis and downregulates pain neuropeptides like Substance P*
- ***Laser's Cellular Effect:*** *Class 4 laser increases ATP production and nitric oxide release, promoting mitochondrial repair and vasodilation*
- ***NSAIDs: Enzymatic Suppression:*** *Block COX enzymes and reduce prostaglandins but impair long-term healing by disrupting inflammation cascade*



Regenerative Applications

- ✓ *Plantar Fasciitis*
- ✓ *Achilles Tendon Issues*
- ✓ *Ligament Injuries*
- ✓ *Osteoarthritis*
- ✓ *Cartilage Damage*
- ✓ *Joint Support*
- ✓ *Surgical/Post Surgical*
- ✓ *Fractures*



Replace traditional steroids which:

- Weaken tendon and bone tissue
- Accelerate cartilage breakdown
- Low reimbursement

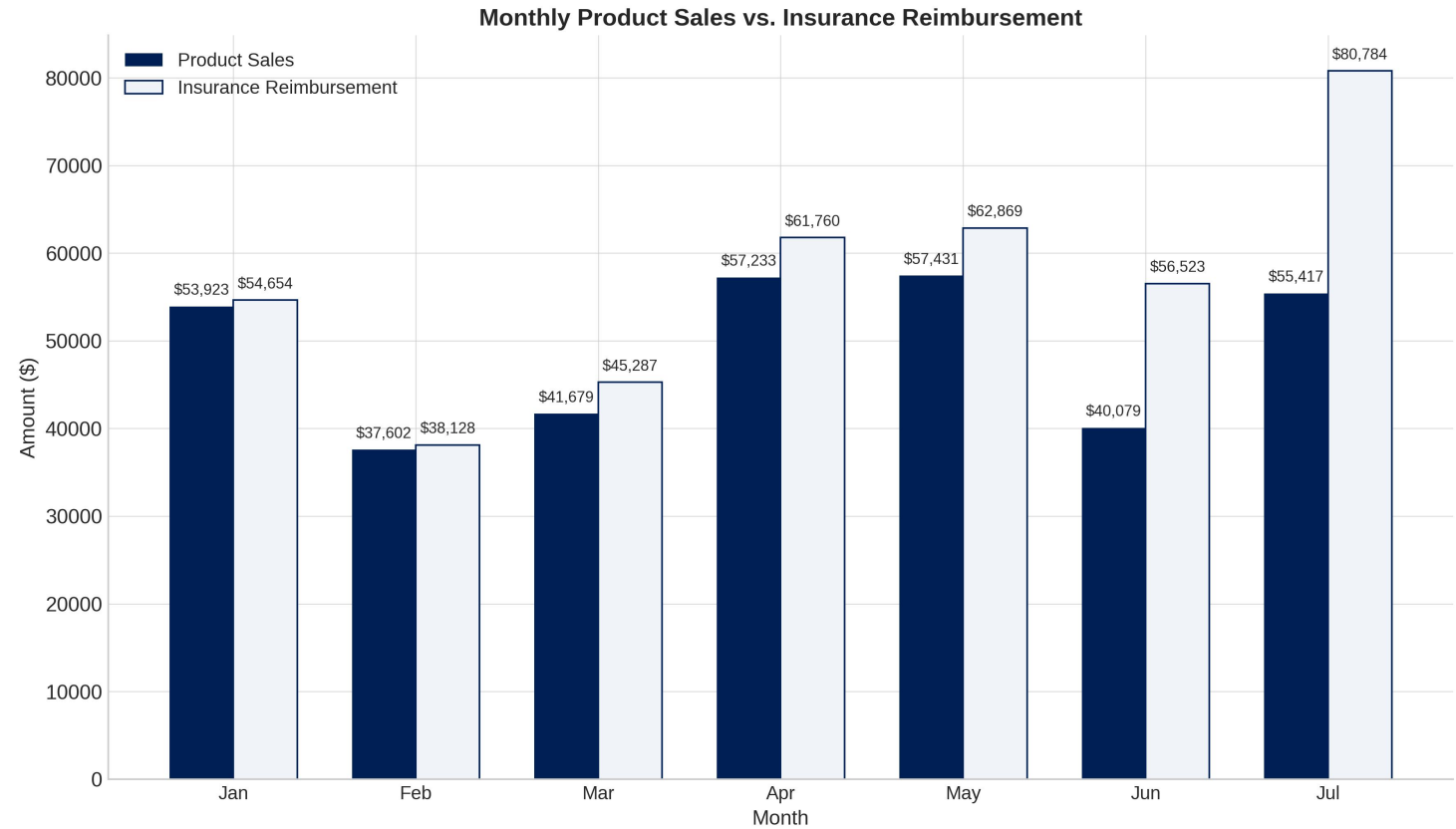
Variety of Ways to Incorporate

- ✓ *Minimally Invasive Surgery*
- ✓ *Combo Therapies*
 - Shockwave/Laser
 - Why combination therapy?
- ✓ *Packaging/Bundling*
- ✓ *Can be augmented with all existing treatments*

“Out of sight, out of mind - but never out of stock”

Revenue Impact of Regenerative Medicine

- **High-Ticket Modalities:** Umbilical Cord Tissue, Adipose Tissue, and peptides contribute to premium per-visit revenue, often exceeding \$500 per session
- **Device ROI:** Class 4 lasers and ESWT systems recover their cost in under 6 months, generating \$10-20K/month in recurring cash flow
- **Bundling and Packages:** Combining therapies boosts conversion and retention—patients buy value when protocols are structured and clear



The Future is Regenerative

Embrace Innovation. Empower Outcomes.

- ✓ *Lead with evidence-based, advanced therapies*
- ✓ *Shift mindsets—prioritize prevention and restoration*
- ✓ *Build patient trust through transparency and options*



***Not Just Practicing.
Revolutionizing Podiatry.***



QUESTIONS?

Thank You

I would Love to Collaborate!



Personal Instagram



Practice Instagram



TikTok

Contact Me
Thuy Ho-Ellsworth
(574) 514-8305
drho@alignfootclinic.com

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