



RELIFE REGENERATIVE

Joint & Sports Injury Recovery

A clear starting point for an informed conversation with our medical team.

Recovery starts with understanding the injury

ReLife offers individualized programs for athletes and active patients with joint or sports-related injuries. The process begins with a formal evaluation to understand the tissue involved, the severity of the injury, and your goals before any plan is recommended.



Why people ask about it

Patients often seek an evaluation when pain, instability, weakness, or limited motion is keeping them from work, exercise, or sport. ReLife's site lists examples such as:

- ACL or MCL injuries
- rotator cuff damage
- meniscus tears and cartilage damage
- tendinopathies and other sports injuries

What a consultation covers

The medical team can review your history, symptoms, prior treatment, available imaging, activity goals, medications, allergies, and relevant health conditions.

If appropriate, the team may discuss a personalized plan involving platelet-rich plasma (PRP), exosome therapy, peptides, hyperbaric oxygen therapy (HBOT), rehabilitation support, or coordination with your physical therapist. The exact plan depends on your evaluation.

Evidence, expectations & safety

Results vary by injury and treatment. Evidence for one approach or diagnosis does not establish the same benefit for another. No outcome - including faster healing, full return to activity, or avoiding surgery - can be guaranteed. Ask what evidence applies to your specific injury and what alternatives are available.

Know which product is being discussed. The U.S. Food and Drug Administration states that there are currently no FDA-approved exosome products. Each proposed therapy has its own potential benefits, limitations, side effects, and regulatory status. Your clinician should explain these before you decide.

Is a ReLife recovery program right for you?

A consultation is the next step. Bring any imaging reports and a list of medications and allergies. The team can discuss whether the program is appropriate, what options may be considered, expected follow-up, rehabilitation coordination, risks, alternatives, and return-to-activity guidance.

Reply to this email with your best phone number and the best time to reach you, and our team can help arrange a consultation.

Email: info@reliferegen.com **Web:** reliferegen.com **Fax:** (954) 208-0016

Important: This sheet is for educational purposes only and is not medical advice, a diagnosis, or a treatment recommendation. A formal medical evaluation is required to determine whether any service is appropriate for your condition.

Program source: ReLife Regenerative - Joint & Sports Injury Recovery

Safety source: FDA - Public Safety Alert on Unapproved Stem Cell and Exosome Products