

about us

## WHAT IS REGENEXX®?

Regenexx® procedures provide non-surgical treatment options for those suffering from pain related to osteoarthritis, joint injuries, spine pain, overuse conditions, and sports injuries. These medical procedures are only performed by highly skilled doctors and are used to help reduce pain and improve function. Regenexx® procedures have helped thousands of patients improve their quality of life, return to the activities they enjoy, and avoid the need for surgery or joint replacement\*.

Regenexx® physicians represent a very selective, highly skilled, interventional orthobiologics network that is 100% focused on orthopedic conditions. All Regenexx® physicians are musculoskeletal experts with extensive training and experience in the diagnosis and treatment of musculoskeletal conditions, as well as complex, image-guided injections of your body's own healing agents to treat orthopedic issues.

We help our patients return to an improved lifestyle with advanced non-surgical comprehensive treatments for:

- Arthritis
- Achilles Tendon Tears
- Avascular Necrosis
- Spinal Bulging/Herniated Disc
- Bursitis
- Carpal Tunnel Syndrome
- Joint Pain and Injuries
- Knee ACL, MCL, LCL, PCL and Meniscus Tears
- Leg or Arm Numbness & Weakness
- Ligament Sprains
- Muscular Strains
- Neck, Upper Back, and Lower Back Pain
- Plantar Fasciitis
- Sacroiliac Joint Pain
- Sciatica
- Shoulder Rotator Cuff Injuries
- Spinal Instability
- Spondylosis
- Tendonitis
- Tennis and Golfer's Elbow
- And Many Other Conditions

\*Like all medical procedures, Regenexx® procedures have a success and failure rate.

**DISCLAIMER:** This guide is not intended as a substitute for physicians' medical advice. Regularly consult a physician in matters relating to health and symptoms that may require diagnosis or medical attention. Information in this guide was current at of July 1<sup>st</sup>, 2022. For any third-party information given it is the readers responsibility to call or look at their website for any changes in price, location, hour, etc. since publication of this guide.

## OUR STORY

## about us

Regenexx Des Moines® originally operated in a specialty clinic called Harbor View Medical. Harbor View Medical grew from the rising issue of opioid (prescription painkillers) dependency. After seeing the horrific impact that opioid dependency caused in his community, a Des Moines entrepreneur teamed with physicians to help address the opioid epidemic.

Orthopaedic surgeons are the third highest prescribers of opioid prescriptions among physicians...<sup>(1)</sup> and out of all opioid-naive TKA and THA patients, 41% required at least one refill opioid prescription after surgery.<sup>(2)</sup> It has been shown the length of time that a patient is taking opioids increases the likelihood of the development of physical dependency and an opioid use disorder.<sup>(3)</sup> Additionally, opioids are widely prescribed for the treatment of chronic pain in the United States.<sup>(4,5)</sup> This knowledge is what inspired Harbor View Medical to become affiliated with Regenexx®. Regenexx procedures are a surgical alternative for chronic pain, and complimented Harbor View Medical's goal in that post procedure pain can be controlled with little to no opioid medication unlike traditional surgery.

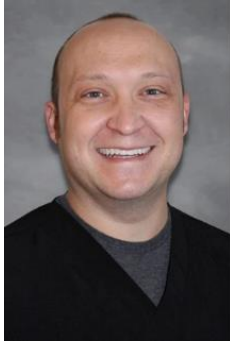
In 2017, Harbor View Medical merged with Regenexx® giving rise to Regenexx Des Moines®. At that time, Regenexx® also chose Des Moines as its corporate headquarters, taking occupancy of a suite in the same building. With the merger an Iowa native was named the CEO of Regenexx®, who later went on to become the CEO of the Regenexx Corporate Program. Regenexx Corporate Program was founded to help more people access Regenexx® services. This program approaches self-insured companies with the benefits of covering Regenexx® procedures thus reducing out of pocket costs for their employees.

Today, Regenexx Des Moines® is still focused on providing surgical alternatives. Regenexx® is dedicated to a research-driven approach. Regenexx Des Moines® clinical team is dedicated providing detailed information about your condition, treatment options, and your likelihood of achieving results with a Regenexx® procedure. Our physician will provide you with a candidacy grade based on ongoing analyses of our extensive outcomes database. Our mission as a healthcare clinic is to help anyone with orthopedic concerns make educated treatment decisions and provide treatment options that improve the body's ability to heal naturally.

(1) Boddapati V, Padaki AS, Lehman RA, Lenke LG, Levine WN, Riew KD. Opioid Prescriptions by Orthopaedic Surgeons in a Medicare Population: Recent Trends, Potential Complications, and Characteristics of High Prescribers. *J Am Acad Orthop Surg.* 2021 Mar 1;29(5):e232-e237. doi: 10.5435/JAAOS-D-20-00612. PMID: 32796374. (2) Bedair H. *Opioid prescription refills more common after TKA than THA [Internet]* Boston, MA: Massachusetts General Hospital Advances in Motion; 2018. Feb 18, [cited 2018 Nov 15]. Available from: <https://advances.massgeneral.org/ortho/journal.aspx?id=1030> (3) Shah A, Hayes CJ, Martin BC. Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015. *MMWR Morb Mortal Wkly Rep* 2017;66:265–269. DOI: <http://dx.doi.org/10.15585/mmwr.mm6610a1> (4) Daubresse M, Chang H-Y, Yu Y, Viswanathan S, Shah ND, Stafford RS, et al. Ambulatory diagnosis and treatment of nonmalignant pain in the United States, 2000–2010. *Med Care* 51(10):870–8. 2013. (5) Dowell D, Haegerich TM, Chou R. CDC guideline for prescribing opioids for chronic pain—United States, 2016. *MMWR Recomm Rep* 65:1–49. 2016.

## about the provider

### OUR PROVIDER



Christopher Urbanek is a fellowship-trained physician in sports medicine and interventional orthopedics with a focus on delivering ethical, non-surgical treatment to neuromusculoskeletal conditions of the spine and extremities. He has been immersed in sports medicine since college where he earned a Bachelor of Science in Athletic Training and served as the head athletic trainer for a women's professional football team. During that time, his team physician, Dr. Tanya Hagen, mentored and encouraged Dr. Urbanek to attend medical school. Completing his training at the Philadelphia College of Osteopathic Medicine, he then completed a residency in family medicine where he stayed for a sports medicine fellowship. After his sports medicine fellowship at the University of Pittsburgh Medical Center, Dr. Urbanek worked at East Carolina University where he served as Director of Sports Medicine and Assistant Director for the Sports Medicine Fellowship. There, he treated patients of all ages and conditions from youth to senior athletes with neuromusculoskeletal injuries.

With additional training as a registered musculoskeletal sonographer, Dr. Urbanek has a wealth of clinical and teaching experience at the national level with diagnostic and interventional ultrasound. His extensive sports coverage has included over 12 high schools, 2 D1 colleges, 1 D3 college, 1 junior college, multiple obstacle course races, multiple races from 5K to marathon distance, and minor league baseball. After 4 years at East Carolina University, Dr. Urbanek attended a second fellowship at the world leader in orthobiologics, the Centeno-Schultz Clinic. This further expanded his repertoire of image-guided, minimally invasive, non-surgical treatments.

In addition to his passion for a holistic approach to non-surgical patient care, Dr. Urbanek is an avid runner having participated in races up to 100 miles. His understanding of the physical demands of all athletes, from weekend warriors to elite athletes, translates into a caring, compassionate physician with an extensive skill set to ensure the best patient and procedure experience possible.

find us

## ADDRESS AND CONTACT INFORMATION

Address: 6151 Thornton Ave, Suite 200  
Des Moines, IA 50321

Phone: 515-421-4090

Fax: 402-939-0407

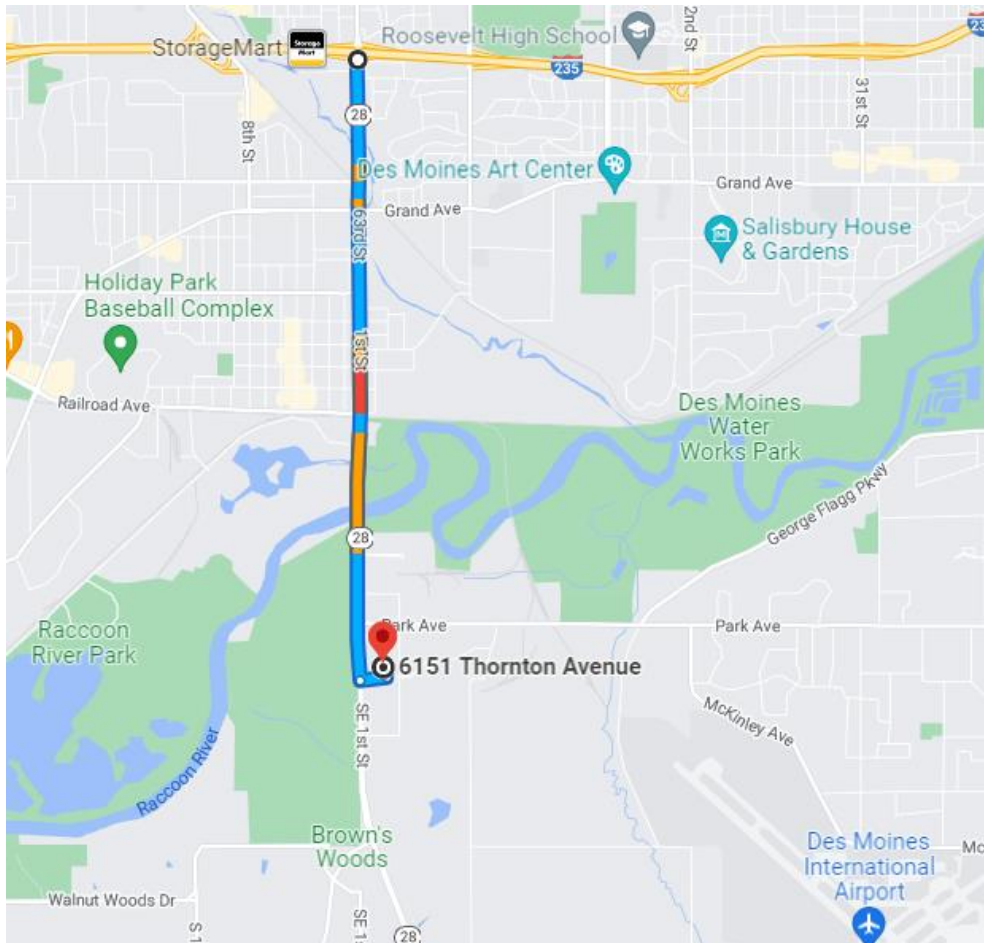
Website: <https://regenexxdesmoines.com/>

Scheduling: 515-373-4258

## DIRECTIONS

### From I-235:

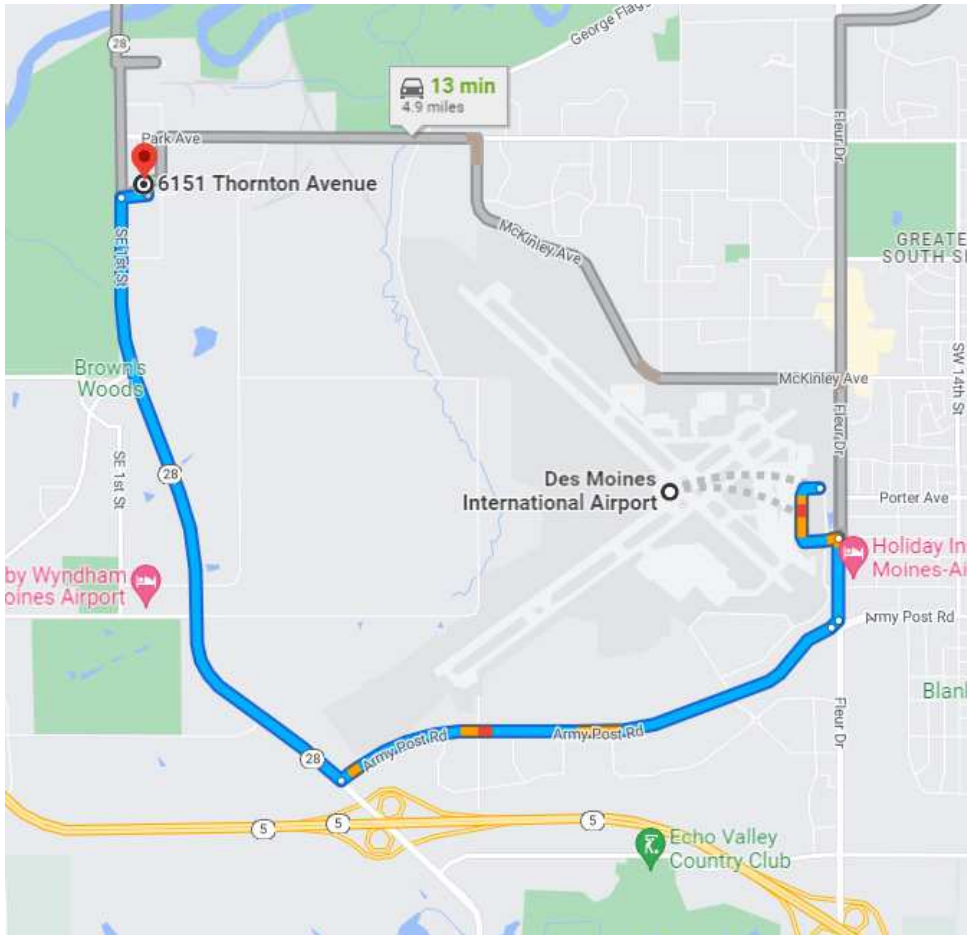
- Take exit 4 for IA-28/ 63<sup>rd</sup>/ Windsor Heights
- Turn to head south IA-28 S/1st St/63rd St 2.8 mi
- Turn left onto Thornton Ave 0.1 mi then turn left into office plaza parking



find us

### From Des Moines International Airport

- Head west on Cowles Dr 0.4 mi
- Turn right onto Fleur Dr 0.3 mi
- Slight right toward Army Post Rd 249 ft
- Continue straight onto Army Post Rd 2.2 mi
- Turn right onto IA-28 N 2.8 mi
- Turn right onto Thornton Ave 0.1 mi
- Turn left into office plaza parking lot



## Frequently Asked Questions

### **What do I need to bring to my first appointment?**

- If you completed patient paperwork via the patient portal; you just need your **Photo ID** and **Insurance Card**
- If you completed patient paperwork sent by email from our Regenexx<sup>®</sup> scheduler; bring **Patient Paperwork, Photo ID, and Insurance Card**

*\*If you have copies of prior images, reports, or medical records related to your condition please bring those with you if you have not submitted them by mail.*

### **How early do I need to arrive for my appointment?**

- Please arrive 30 minutes prior to your first scheduled appointment if you have not completed your paperwork online. Note if x-rays are needed you will have two appointment times, one for x-ray and one for evaluation with the physician. If you have completed patient paperwork online, please arrive 10 minutes prior to your first scheduled appointment.

### **How long will the appointment take?**

- In general, you are a new patient only being seen for one joint/body part and need x-rays, you may be in the clinic for up to two hours in total. Multiple joints/body part appointments may take longer. Existing patients and follow-up are usually about an hour. We strive to have you understand your health conditions, your treatment options, answer your questions, and listen to your concerns. Appointment duration can vary from person to person.

### **How do Regenexx<sup>®</sup> procedures compare with traditional orthopedic surgery risks?**

- Regenexx<sup>®</sup> minimally invasive procedure enables your body to begin the process of self-repair at a lower risk than those associated with orthopedic surgery.

### **Who long does it take Regenexx<sup>®</sup> procedures to improve orthopedic conditions?**

- Most patients report a modest improvement in the first month. Usually very active patients can push the performance to higher levels in 8 to 12 weeks. Most patients notice continued healing over many months. Our outcome data suggests peaking at 1 to 2 years out. Of course, this varies from patient to patient depending on age, general health, and area treated.

### **When can I return to normal activity?**

- Most patients resume light activity in 5 to 7 days. Usually at 6 to 8 weeks patients can resume a more vigorous exercise schedule.

### **What is the success rate of Regenexx<sup>®</sup> procedures?**

- Success rates vary with areas treated and severity of injury. Data for specific areas of treatment reported by Regenexx<sup>®</sup> patients can be viewed at <http://www.regenexx.com/live-outcome-data/>

### **Am I a candidate for Regenexx<sup>®</sup> procedures?**

- We treat a wide variety of conditions. For more information complete our online candidacy form or if preferred call us at 515-373-4258. If you have medical records and images related to your conditions, you can have them sent to the Regenexx Des Moines Clinic.

## where to stay

### LODGING

Pricing based on cheapest rooms via website, rates may be cheaper KAYAK, Priceline, Expedia, hotels.com, or other booking websites. Also does not include any discounts that may apply for AARP, AAA, Senior Rates, or other company discounts.

- **Baymont by Wyndham Des Moines Airport (2 miles from clinic)** 515-285-0654
  - Rooms starting at \$99 per night
  - 6221 Willow Creek Ave, Des Moines, IA 50321
  - <https://www.wyndhamhotels.com/baymont/des-moines-iowa/baymont-inn-and-suites-des-moines-airport/overview?CID=LC:BU::GGL:RIO:National:17912&iata=00093796>
- **Quality Inn & Suites Des Moines Airport (4.1 miles from clinic)** 515-287-3434
  - Rooms start at \$95 per night
  - 5231 Fleur Dr, Des Moines, IA 50321
  - <https://www.choicehotels.com/iowa/des-moines/quality-inn-hotels/ia029?mc=llgoxxpx>
- **Hampton Inn Des Moines-Airport (4.1 miles for clinic)** 515-287-7300
  - Rooms start at \$124 per night
  - 5001 Fleur Dr, Des Moines, IA 50321
  - [https://www.hilton.com/en/hotels/dsmaphx-hampton-des-moines-airport/?SEO\\_id=GMB-AMER-HX-DSMAPHX&y\\_source=1\\_MjA4NDM1Mi03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.hilton.com/en/hotels/dsmaphx-hampton-des-moines-airport/?SEO_id=GMB-AMER-HX-DSMAPHX&y_source=1_MjA4NDM1Mi03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D)
- **Homewood Suites by Hilton Des Moines Airport (5.1 miles from clinic)** 515-285-7201
  - Rooms start at \$124 per night
  - 7201 SW 22nd St, Des Moines, IA 50321
  - [https://www.hilton.com/en/hotels/dsmaihwh-homewood-suites-des-moines-airport/?SEO\\_id=GMB-AMER-HW-DSMAIHW&y\\_source=1\\_OTg4MTg1OC03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.hilton.com/en/hotels/dsmaihwh-homewood-suites-des-moines-airport/?SEO_id=GMB-AMER-HW-DSMAIHW&y_source=1_OTg4MTg1OC03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D)
- **Ramada by Wyndham Des Moines Airport (5.3 miles from clinic)** 515-287-6464
  - Rooms starting at \$110 per night
  - 1810 Army Post Rd, Des Moines, IA 50315
  - <https://www.wyndhamhotels.com/ramada/des-moines-iowa/ramada-des-moines-airport/overview?CID=LC:RA::GGL:RIO:National:48301&iata=00093796>

This list is only **some** of the nearest affordable hotels to the clinic. These are only suggestions to aid your trip to our area.

## AREA DINING

- **Cooper's on 5<sup>th</sup>** (Classic American comfort food) 515-255-9895
  - 227 5th Street, West Des Moines, IA 50265
  - Close Mondays, Open Tuesday –Friday for lunch 11am-2pm and dinner 5pm-10pm
- **G Mig's 5<sup>th</sup> Street Pub** (American homemade local favorites) 515-255-4550
  - 128 5th Street, West Des Moines, IA 50265
  - Open for lunch Tuesday-Friday 11am-2pm, and dinner Monday-Friday 4:30pm-8:30pm
- **The Tavern Pizza & Pasta** (Italian-American Cuisine) 515-255-9827
  - 205 5th Street West Des Moines, IA 50265
  - Open Sunday-Saturday 11am-9pm
- **Jethro's BBQ Southside** 515-630-6374
  - 4337 Park Ave, Des Moines, IA 50321
  - Open Sunday-Saturday 11am-9pm
- **Eggs and Jam** (Brunch) 515-528-2248
  - 1907 EP True Pkwy #102, West Des Moines, IA 50265
  - Close Mondays and Tuesdays, Open Wednesday-Sunday 8am-3pm
- **Hy-Vee** (Variety Menu) 515-223-7742
  - 1990 Grand Ave, West Des Moines, IA 50265
  - Dine-in open Sunday-Saturday 6am-9pm
- **Fiesta Mexican Restaurant** 515-223-0145
  - 2025 Grand Ave, West Des Moines, IA 50265
  - Open Sunday-Saturday 11am-9pm
- **Pad Thai Garden** (Thai Cuisine) 515-440-4709
  - 1221 8th St, West Des Moines, IA 50265
  - Open for lunch Monday-Friday 11am-2pm and dinner 4pm-8:30pm
- **Sakura Sushi** 515-225-9999
  - 1960 Grand Ave #11, West Des Moines, IA 50265
  - Open Monday-Saturday 11am-8:30pm, Sunday 11am-8pm
- **Palmer's Deli and Market** (Sandwiches, Soups, Salads-Daily Menu) 515-274-4004
  - 2843 Ingersoll Ave, Des Moines, IA 50312
  - Monday-Friday 8am-5pm, Saturday 8am-3:30pm



## **LOCAL AREA ATTRACTOPMS** *(Distance from clinic in miles)*

Historic Valley Junction-1.9

Jasper Winery-3.4

Science Center of Iowa (Thursday-Sunday only)-5.8

Black Park Zoo-6.5

Des Moines Art Center-3.3

Hoyt Sherman Place-5.2

Greater Des Moines Botanical Center-8.7

John and Mary Pappajohn Sculpture Park-4.9

Salisbury House & Gardens (Closed Monday & Tuesday)-4.4

Brown's Woods Forest Preserve-1.3

Coffee Cats Café (Closed Mondays)-1.8

Raccoon River Park-2.7

Walnut Woods State Park-3.2

Please check individual attraction and business websites for up-to-date guidelines, safety procedures, and hours of operation.

**For more information and for scheduled events visit:**

**<https://www.catchdesmoines.com/>**