Castle Rock Regenerative Healthcare

SPINE & JOINT CENTER · IMAGE-GUIDED REGENERATIVE CARE

Solving Chronic Pain at the Root

Image-guided spine and joint care, in our own procedure suite.

THE PROBLEM

Chronic pain is more than pain

It steals sleep, mobility, focus, mood, and independence, one day at a time. Most people are told to mask it or live with it. Neither fixes what's actually wrong.



1 in 5

U.S. adults live with chronic pain



#1

cause of disability & lost work in America



Whole-body

impact, not just the spot that hurts

Pain is a signal, not a sentence.

WHY IT GETS WORSE

Pain feeds inflammation. Inflammation feeds aging.



We don't chase symptoms around the body. We treat the source and calm the cycle.

ANATOMY, IN PLAIN ENGLISH

Why you hurt

Most spine and joint pain comes down to a handful of worn-out structures. Pinpointing which one is the first step to fixing it.

Facet joint arthritis

The spine's small paired joints wear and inflame, with stiffness and localized low-back pain.

Compressed nerve roots

Inflamed or pinched nerves send pain, numbness, or weakness down the leg (sciatica).

Sacroiliac (SI) joint

The joint linking spine to pelvis flares up, pain across the low back and buttock.

Worn cartilage in joints

Knees, hips & shoulders lose their smooth glide, driving ache and loss of motion.

THE USUAL OPTIONS

The options most patients hear



Mask it

Pills & injections of steroids

Dulls the signal for a while. Side effects can add up, and the pain can return.



Cut it

Surgery & hardware

Invasive, costly, and a long recovery, though sometimes it is the right answer.



Live with it

“Just manage”

Pain quietly shrinks your activity, your sleep, and your independence year over year.

There is a fourth path. *Precise, image-guided injections after a full evaluation.*

THE CRRH APPROACH

Precise, image-guided care

Image-guided injections are placed at the exact target your provider identifies, with PRP or cellular options where they fit, as an outpatient visit with no hospital stay.

- **Precisely targeted**
- **Outpatient**
- **No general anesthesia**
- **Home the same day**

WHERE IT HAPPENS

A true OR-grade procedure suite

Spinal injections belong in a sterile surgical environment, not a back-office exam room. Ours is built and run like an operating room, because safety is non-negotiable.

Sterile surgical suite

Sterile field and technique, with infection precautions throughout.

Expert provider

Performed by a seasoned spine & pain provider with deep surgical training.

Closely monitored

Vitals and comfort monitored throughout, with full safety protocols.

Meticulous technique

Deliberate, unhurried, single-target precision on every case.

PRECISION THAT MATTERS

Fluoroscopy: we don't guess, we guide

Our C-arm uses live, real-time X-ray to place medication at the exact spinal target, confirmed on screen.

Fluoroscopy (C-arm)

OUR STANDARD

- Live X-ray confirms needle position in real time
- Pinpoints deep spinal targets bone won't hide
- Reproducible, widely used for spine work

Ultrasound-guided

WHAT MANY INJECTORS USE

- Image quality depends heavily on the operator
- Sound waves struggle to see past bone & depth
- Harder to verify exact placement for spine

MEET YOUR PROVIDER

Nathan Lehman, PA-C

Clinical Lead · PA-C, The College of Saint Scholastica



Trained at The Steadman Clinic in Vail, a world-renowned orthopedic & sports-medicine center.

Interventional Spine, Pain & Regenerative Medicine

Dr. Thos Evans · The Steadman Clinic

Orthopedic Spine Surgery

Dr. Michael Gallizzi · 5 yrs, incl. orthopedic trauma on-call

Orthopedic Shoulder & Knee Surgery

Dr. Peter Millett · The Steadman Clinic

A foundation of compassionate care

Years in Alzheimer's & TBI care · Operation Walk surgical volunteer abroad

THE PROCEDURES

What we do in the suite

Targeted, image-guided injections for the most common sources of spine and joint pain.

Epidural injections

Calm inflamed nerve roots in the neck & low back

Facet & medial branch

Target the small arthritic joints of the spine

SI joint injections

Relieve the pelvis/low-back junction

Large-joint injections

Knee, hip & shoulder, precisely placed

Nerve blocks

Pinpoint the nerve driving the pain

Regenerative versions

Same precision, PRP or PRP + stem cells

CHOOSING YOUR THERAPY

Your regenerative options

Same image-guided precision into the exact target, and you choose how much regenerative support to add.

PRP

PRP ONLY · YOUR OWN PLATELETS

Concentrated from your own blood, rich in natural growth factors.

GOOD TO KNOW:

- Uses only your own platelets
- A great, economical first step

PRP + Stem Cells

+ DONOR-DERIVED CELLS

Adds a donor-derived cellular product from screened, donated tissue.

GOOD TO KNOW:

- Not FDA approved for joint or spine use
- Your provider explains the evidence

We'll recommend your fit. After a full evaluation, we match the option to your goals, your tissue, and the area we're treating. PRP and cellular products are not FDA approved to treat any condition.

OPTIONAL ADD-ON SESSIONS

We amplify what we start

HBOT, red light and StemWave are elective wellness sessions some patients add. They are not treatments for any condition, and they tie into our broader longevity ecosystem.



HBOT

Breathing oxygen in a pressurized chamber



Red light

Photobiomodulation sessions for relaxation & recovery



StemWave

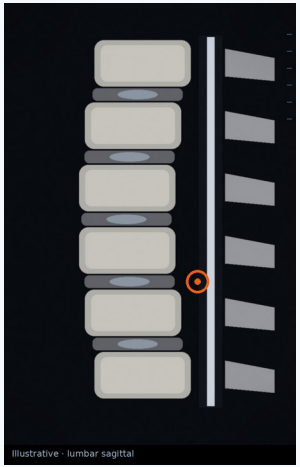
Acoustic-wave sessions for comfort & recovery

TRANSPARENCY BUILDS TRUST

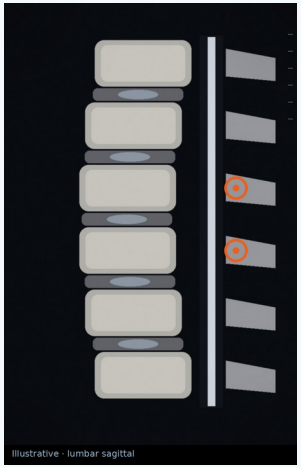
We read your images with you

We pull up your scans, point to exactly what's driving your pain, and walk through the plan together.

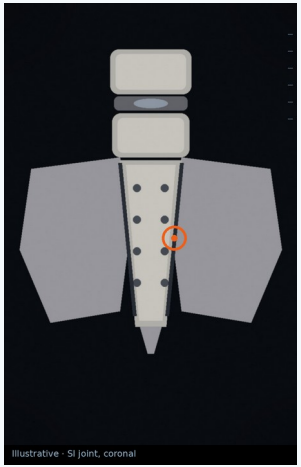
- **See the pathology**
- **Understand the target**
- **Know the plan before we begin**



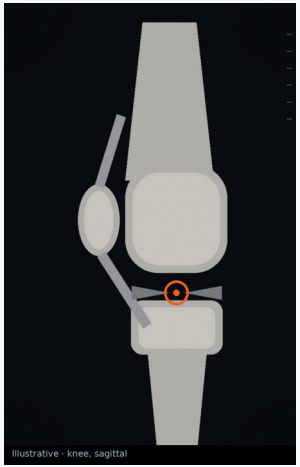
Epidural / nerve root



Facet joints



SI joint

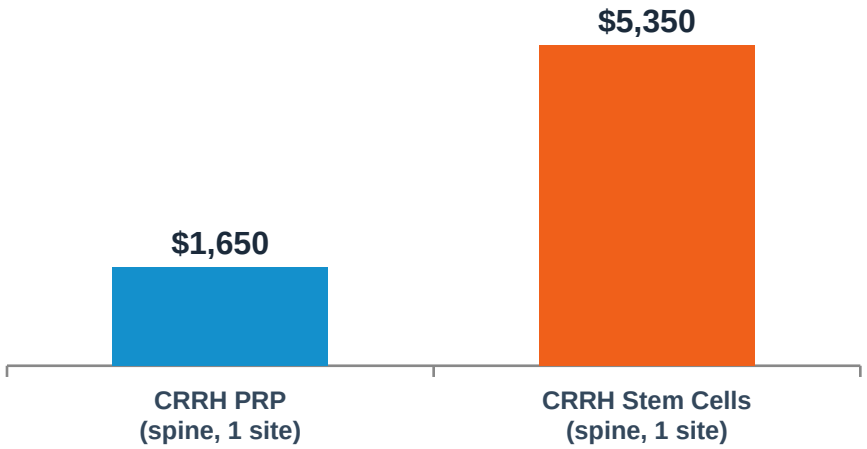


Knee (large joint)

STRAIGHT TALK ON COST

What it costs, up front

No facility fee. No general anesthesia. Here is what image-guided care at CRRH costs for one spine site, confirmed at your consultation.



- Transparent, upfront pricing
- No hospital, no general anesthesia
- Outpatient, home the same day
- Keeps the door to surgery open

CRRH figures are spine pricing, 1 site. Final pricing confirmed at consultation.

TRANSPARENT PRICING

Treatment pricing

Clear, upfront pricing by treatment and number of sites.

	Steroid	PRP	Stem Cells
SPINE			
1 site	**$1,500**	**$1,650**	**$5,350**
2 sites	**$1,800**	**$2,000**	**$6,000**
3 sites	**$2,100**	**$2,300**	**$6,500**
JOINT / TENDON			
1 site	**$400**	**$650**	**$4,350**
2 sites	**$700**	**$950**	**$4,700**
3 sites	**$1,000**	**$1,250**	**$7,950**

Stem Cells + PRP combo: add $650 · $950 · $1,250 for 1 · 2 · 3 sites.

Final pricing confirmed at consultation.

YOUR PATH FORWARD

Your path starts with an evaluation

Castle Rock Regenerative Healthcare

1

Consult

Exam & image review

2

Plan

Personalized & targeted

3

Procedure

In our OR-grade suite

4

Optimize

Recover & amplify

Schedule your spine & joint consultation



Your care, led by Nathan Lehman, PA-C

Clinical Lead · Steadman Clinic trained spine & pain provider

4348 Woodlands Blvd, Suite 135, Castle Rock, CO 80104 **303-663-6990** castlerockregenerativehealth.com