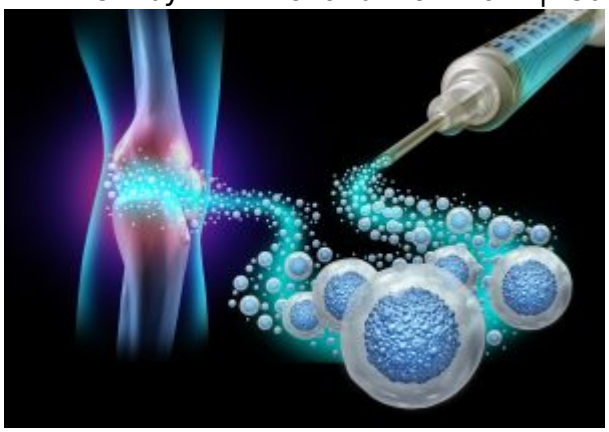
# Reviving Mobility: Rethinking Pain Through Regenerative Medicine

written by Dr. Ronald Hoffman | July 16, 2025



Exploring Innovative Approaches to Pain Management with Dr. Fawad Mian, a neurologist and regenerative medicine specialist. He delves into the various forms of pain and the limitations of traditional treatments such as drugs and surgery. Dr. Mian shares his personal journey with chronic pain and his transition into regenerative medicine. The discussion covers alternative treatments like prolotherapy, platelet-rich plasma (PRP), and stem cell therapies, emphasizing their potential benefits and the importance of image guidance in their administration. They also touch upon lifestyle modifications and nutritional supplements for managing conditions like diabetic neuropathy and CIDP. Dr. Mian highlights the importance of a multifocal approach to pain management and offers insights from his book, “Getting to Pain Free: How to Make Your Body Stop Hurting So That You Can Start Living Again Without Drugs Or Surgery.”