

Stem Cell Clinic Vetting Checklist

Use this before you pay a deposit. It will not tell you whether a therapy works. It will help you avoid the clinics most likely to harm you or waste your money. From Medical Frontier (medicalfrontier.org).

1. Is the treatment legal and honest about it?

- ☐ The clinic states plainly whether the therapy is FDA-approved for your condition (most are not).
- ☐ It does NOT promise a cure, guaranteed results, or a specific success rate.
- ☐ It does NOT offer to "help with insurance" for a joint or anti-aging injection.
- ☐ It can name the exact cell product and source (your own cells, or a specific donor tissue bank).
- ☐ Check the FDA warning-letter database for the clinic or its parent company.

2. Who is actually treating you?

- ☐ A licensed physician evaluates you and performs or supervises the procedure.
- ☐ The physician is board-certified in a relevant specialty (orthopedics, sports medicine, etc.).
- ☐ You can verify the license with your state medical board.
- ☐ The person selling you the package is not the only "expert" you speak to.

3. What does the evidence really show?

- ☐ The clinic cites real, published studies, not just patient testimonials.
- ☐ It acknowledges where evidence is limited or low-certainty (this is a good sign, not a bad one).
- ☐ It does not pressure you to decide today or pay in full upfront.
- ☐ A registered clinical trial ([search ClinicalTrials.gov](http://ClinicalTrials.gov)) may be a safer, cheaper option.

4. Do the money and logistics add up?

- ☐ You have an itemized quote in writing for the FULL recommended course.
- ☐ You know what is included (imaging, follow-up, repeat injections).
- ☐ You have priced the standard alternative (PT, cortisone) for comparison.
- ☐ For treatment abroad: you know who manages a complication after you fly home.
- ☐ There is a written refund or revision policy.

Educational use only. Not medical advice. Most regenerative therapies are not FDA-approved for the uses discussed. Always consult a licensed physician. (c) 2026 Medical Frontier.