



Rogers
Regenerative
Medical Group



The *DOCHU* Method for Knee Osteoarthritis

Patient Information Leaflet

OUR COMMITMENT AT RRMG

At RRMG, we take a holistic, regenerative approach — combining precise interventional care with lifestyle and movement guidance to help your knee heal and stay healthy.

Our aim is simple: less pain, better movement, and a return to the active life you love.



Dr. Ralph Rogers

Regenerative Orthopedic &
Sports Medicine Doctor

DOCHU METHOD

A modern, minimally invasive approach to pain and inflammation.

At Rogers Regenerative Medical Group (RRMG), we offer the Dochu Method, a leading-edge treatment originally developed in Japan by Dr Yuji Okuno.

This innovative procedure targets small, abnormal blood vessels inside the knee joint that drive inflammation and pain in osteoarthritis.

By gently reducing blood flow to these areas, the treatment calms inflammation, eases pain, and restores comfort — all without major surgery.

EXPECTED BENEFITS

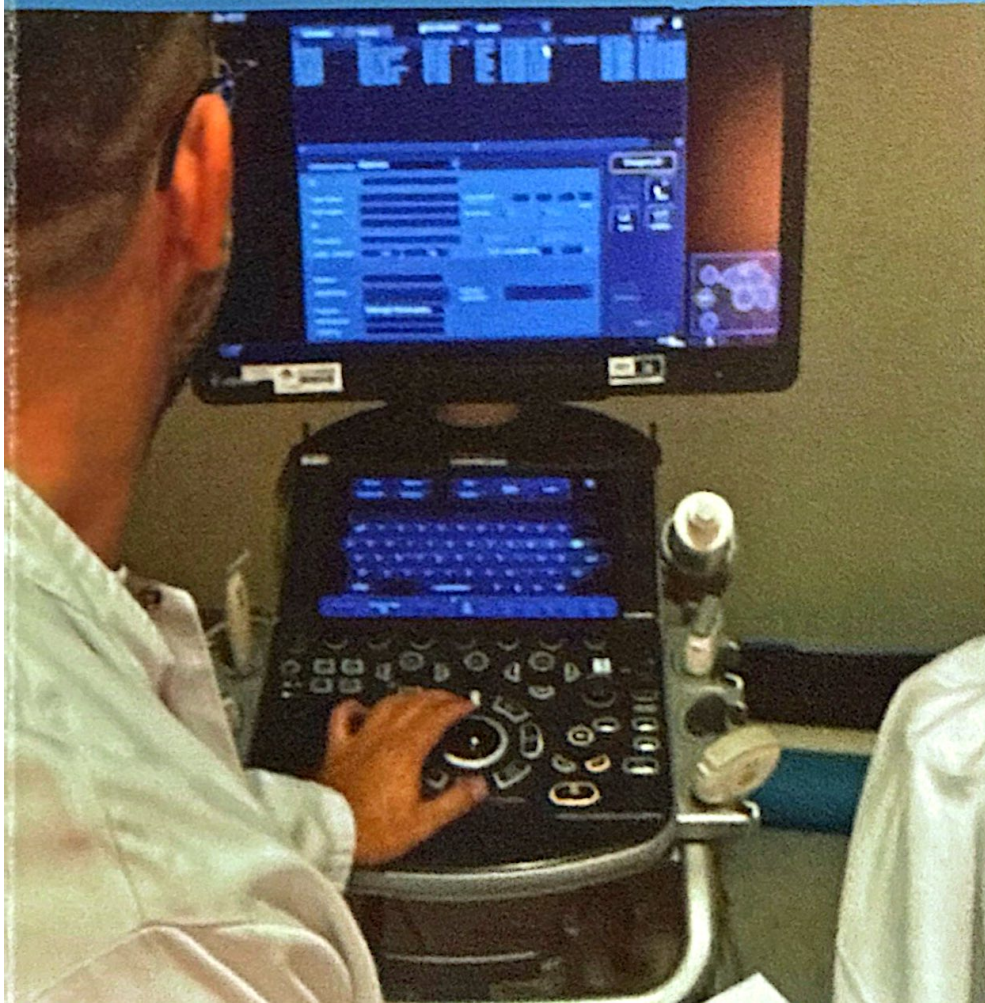
- ✓ **Relief from Pain**
Most patients experience a noticeable reduction in knee pain within a few weeks, with continued improvement over several months.
- ✓ **Better Mobility and Function**
Less pain means greater freedom of movement — walking, climbing stairs, and other daily activities often become easier.
- ✓ **Reduced Inflammation and Swelling**
The Dochu Method directly targets inflamed tissue inside the knee, reducing swelling and stiffness.
- ✓ **Delay or Avoidance of Surgery**
For some, this can postpone or reduce the need for knee replacement surgery.
- ✓ **Gentle and Precise Treatment**
Performed under local anaesthetic as an outpatient procedure, with minimal downtime.
- ✓ **Targeted, Drug-Free Relief**
Works directly at the source of pain without systemic medications like steroids.
- ✓ **Better Quality of Life**
Patients often find they move more easily, sleep better, and feel more positive day-to-day.

AFTERCARE & RECOVERY

Most patients return to full normal activities within a few days, with gradual improvement in pain and mobility over the following weeks.

- You can walk immediately after the procedure.
- Light activity is encouraged, but avoid strenuous exercise for about a week.
- Mild discomfort can be managed with paracetamol; avoid anti-inflammatory medication unless advised.
- Keep the puncture site clean and dry for 24 hours.
- Follow-up appointments will be arranged to monitor your progress.

****The Dochu Method is considered safe, with very few complications reported. However, as with any procedure, some risks exist. Post-treatment responses may include local soreness or stiffness.**





RRMG
London | Gibraltar

About Dr. Ralph Rogers MD PhD MBA

Dr. Ralph Rogers is a distinguished expert in Regenerative Orthopaedics and Sports Medicine, operating in London and Gibraltar.

He is known for pioneering advanced Musculoskeletal (MSK) therapies, including innovative MSK embolisation trials, and has advised elite organisations like the UK Athletics, National Basketball Association and Chelsea FC.

Dr Ralph Rogers is a Consultant in Regenerative Orthopaedics & Sports Medicine who uses his wealth of experience to effectively tackle chronic pain and acute discomfort with innovative Regenerative Medicine treatments.

His impressive resume includes global qualifications gained at some of the finest institutions in the world.

- BA in Psychology, University of Delaware, USA
- MD, Catholic University of Leuven, Belgium
- PhD in Exercise Physiology, University of Maryland, College Park, USA
- MBA, University of Leicester, UK
- Master's in Musculoskeletal Ultrasound, Bournemouth University, UK
- Fellow, American College of Sports Medicine (ACSM)
- Fellow, Faculty of Sport and Exercise Medicine (FSEM), UK
- Fellow, Faculty of Sport and Exercise Medicine (FSEM), Ireland