CLAIMS

1. A treatment composition for use in preparing a medicament for treating, inhibiting, reducing, ameliorating and/or preventing osteoarthritis, juvenile arthritis, psoriatic arthritis, infectious arthritis, rheumatoid arthritis, ankylosing spondylitis, gout, bursitis, tendinosis, tendonitis, sprain, labral tear, tear of a tendon, and/or tear of a ligament or symptoms thereof affecting one or more joints in a subject, comprising a therapeutically effective amount of a mesenchymal stem cell (MSC) exosome preparation; wherein the exosomes are obtained from MSCs cultured in a 1.0% to about 10% oxygen environment, and in media with about a pH from about 6.0 to about 7.4, and between about 5% and 40% reduction in glucose.

2. treatment composition of claim 1, wherein the joint comprises the ankle, knee, hip, writs, elbow, shoulder, knuckle, and/or neck.

3. The treatment composition of any of claims 1 or 2, wherein the MSC exosome preparation is administered to each joint effected by the disorder, disease, or injury.

4. The treatment composition of any of claims 1, 2, or 3, wherein the MSC exosome preparation further comprises growth factors obtained from MSC in addition to the MSC exosome.

5. The treatment composition of any of claims 1 or 2-4, wherein the MSC exosomes are to be administered via injection.

6. A treatment composition comprising a therapeutically effective amount of a mesenchymal stem cell (MSC) exosome preparation; wherein the exosomes are obtained from MSCs cultured in a 1.0% to about 10% oxygen environment, and in media with about a pH from about 6.0 to about 7.4, and between about 5% and 40% reduction in glucose.