

**\$129
value**

STEM CELL REHAB PROTOCOL

**WRITTEN BY DR. CHRIS GARCIA, PT, DPT, SCS, CSCS, USAW
LEADING EXPERT IN STEM CELL RECOVERY**

WELCOME

Hello,

Welcome to the Stem Cell Recovery Experts family (powered by Sports Performance Physical Therapy, Inc.). We're excited to help you recover properly and safely!

Over the last five years, we've worked with hundreds of stem cell clients worldwide. We specialize in helping people get the best results after stem cell injections...so they can maximize outcomes, minimize setbacks, and get back to living a healthy and active lifestyle.

The Stem Cell Rehab Protocol was created to provide a general framework to optimize your results after injections. It outlines each phase of rehabilitation and when to introduce exercises. This is not specific to each body region. You'll need to work with your physical therapist to tailor it to your needs and healing. Please feel free to reach out to us with questions along the way.

As a small family-owned business, we are passionate about helping our clients stay healthy and active for life. Thank you for the opportunity, and we look forward to helping you live your best life.

Sincerely,

Chris Garcia



Dr. Chris Garcia, PT, DPT, SCS, CSCS, USAW
CEO & Founder

STEM CELL REHAB PROTOCOL

REHABILITATION RECOMMENDATIONS

- These recommendations are to maximize the benefit of a stem cell procedure with respect to tissue healing guidelines similar to post-surgical procedure
 - Day 1-3: Inflammatory Phase
 - Day 3-21: Proliferative Phase
 - Day 21+: Remodeling
- Rest/Low Level activity (walking) for 24-48 hours, do not recommend sedentary rest.
- No NSAIDS
- Physical Therapy is to start at day 14 and to continue up to 6 months

MONTH 1-2

- **OBJECTIVES:**
 - Soreness normal post-procedure for 2-6 weeks
 - Protect tissue and allow inflammatory response for tissue healing
 - Pain Management (no NSAIDS both topical/oral)
 - Reintroduction to light exercise (walking, pool)
 - Avoid repetitive loaded (compressive) exercises, especially for the spine
- **WEEK 1-3**
 - PROM/AAROM; Light manual therapy techniques (effleurage)
 - Light walking is recommended to aid soreness
 - Heat PRN for muscle spasms/soreness
 - Ice PRN for superficial active signs of inflammation
- **WEEK 4-8:**
 - AAROM/AROM
 - Low-level isometrics
 - Low-impact (compression) exercises (ie, pool recommended as long as open incisions/injection sites closed, elliptical, bicycle)
 - Do not exceed 50% intensity of exercises (RPE, HR)

STEM CELL REHAB PROTOCOL

MONTH 3-4

- **OBJECTIVES:**
 - Reintroduction to bodyweight exercises
 - Continue to avoid repetitive, compressive exercises (running, stairs, hiking, weightlifting)
 - Reestablish neuromuscular control, AROM, Flexibility, & mobility
- **WEEK 8-12:**
 - Low-level isotonic exercise (body weight)
 - Core and hip stabilization exercises
 - Continue to minimize compression forces through joints that receive stem cells
- **WEEK 12-16:**
 - Yoga/Pilates is recommended along with continuing mild-moderate aerobic exercises

MONTH 5-6

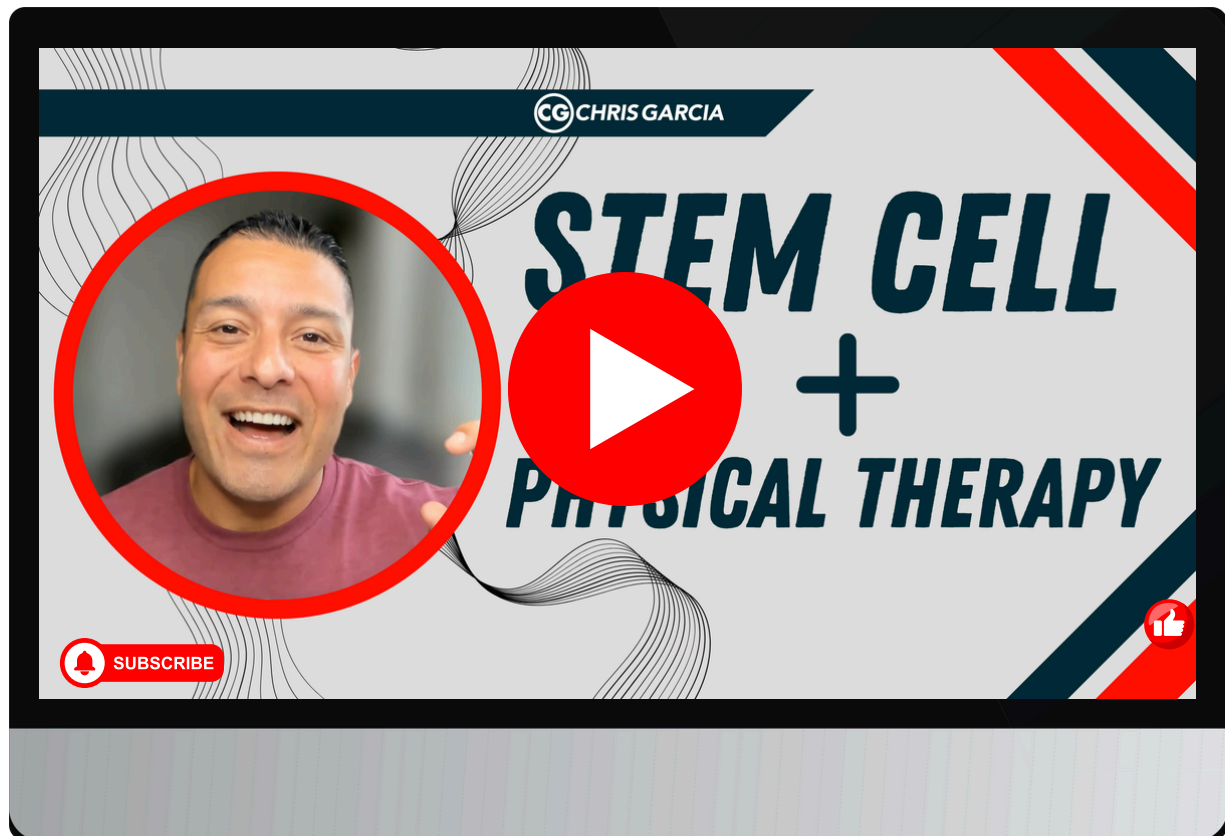
- **OBJECTIVES:**
 - Establish a return to run progression
 - Reintroduction to weight training
- **WEEK 16-20**
 - Progressive overload for strength training to continue through month 6
- **WEEK 20-24:**
 - Return to Run Progression (walk/jog) on flat surfaces

MONTH 6+

- **OBJECTIVES:**
 - Establish a strength & conditioning routine
 - Return to sport ramp 6-12 months

!! PHYSICAL THERAPISTS !!

**WATCH THE STEP-BY-STEP
YOUTUBE VIDEO BELOW**

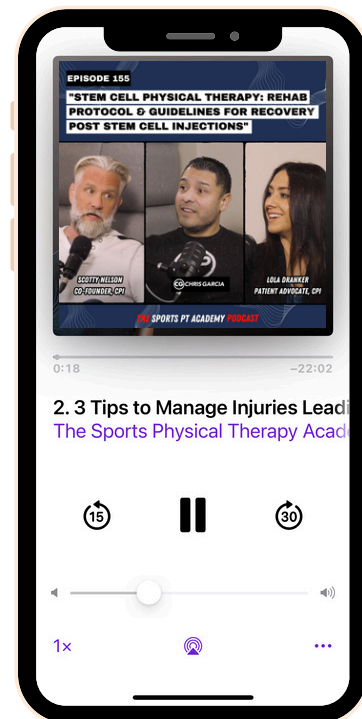
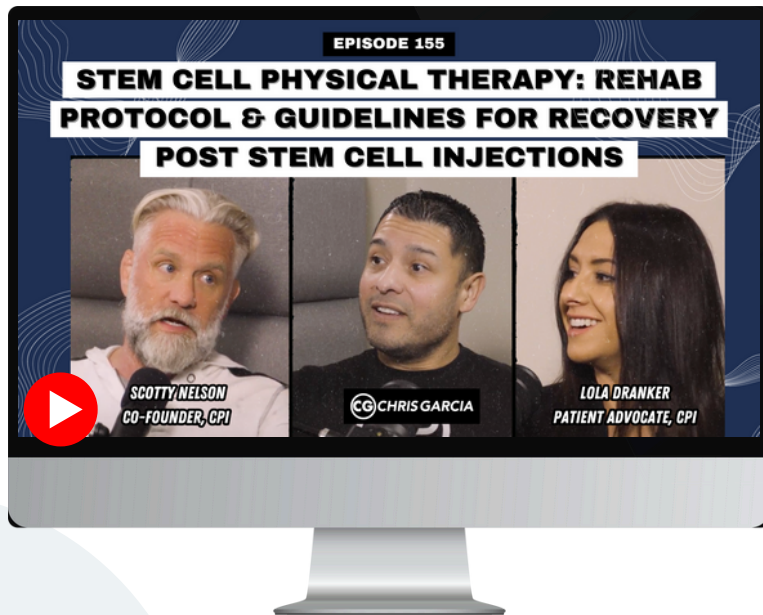


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821 Kuhn Dr, Unit 107
Chula Vista, CA 91914

KM


Kearny Mesa


8911 Complex Dr, Suite F
San Diego, CA 92123






Helping **people** get
the **best results** after
stem cell injections...so they can
maximize their recovery,
avoid frustrating setbacks,
and get back to living a
**healthy & active
lifestyle**

 Google
5.0 ★★★★★
Based on 202 reviews

 Facebook
5.0 ★★★★★
Based on 71 reviews

 Yelp
4.9 ★★★★★
Based on 72 reviews

ABOUT THE AUTHOR



Stem Cell Recovery Experts was founded by Dr. Chris Garcia – leading expert in stem cell recovery, a former therapist to professional athletes for the United States Olympic Committee, NFL combine training program, and an internationally recognized public speaker. Dr. Chris has been recognized as an expert working with patients after regenerative procedures for over 15 years. His passion is helping people recover faster after stem cell injections...so they can safely get back to the healthy, active life they once enjoyed.

After years of traveling around the world to care for professional athletes, Dr. Chris founded Sports Performance Physical Therapy, Inc. to bring this vast experience and knowledge back to his local San Diego community. Born and raised in San Ysidro, a suburb of San Diego, Chris came from humble beginnings and wanted to contribute to the San Diego community.

As more clients sought out care virtually, he then founded Stem Cell Recovery Experts to impact the healing and recovery of people all over the world so they, too, can have access to world-class treatment strategies in their respective communities.

Dr. Chris believed people should have easy access to world-class care to help them stay healthy, active, and fit without relying on medications, injections, or surgeries. Since 2014, Dr. Chris and the team at Sports Performance Physical Therapy and Stem Cell Recovery Experts have been helping people, just like you, get back to exercising and doing the things they love so they can live an active and healthy lifestyle.

He resides in San Diego, CA with his wife, three kids, and dog.

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