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Preparing for your stem cell treatment:

In the weeks and days prior to your injection:

- Take calcium, vitamin D, omega 3 and glucosamine
- Maintain good nutrition
- Get plenty of rest
- Continue to exercise as tolerated
- Stay well hydrated 48 hours prior, consuming 8 oz of fluids, 8 x per day.
- If exercising prior to the injection be sure to drink enough fluids to compensate for fluid loss

Care after the Procedure:

Days 0-2 following the injection:

- It is not unusual to experience soreness in the area of the bone aspiration site (iliac crest).
- Avoid taking NSAIDs for two weeks. This includes Aleve (naproxen), Motrin or Advil (ibuprofen)
- Tylenol is acceptable for pain control
- Ice the area as needed for discomfort or pain.
- Resume normal daily activities after 24-48 hours however let pain and discomfort be your guide
- Avoid exercise or impact activities

Resuming Activity:

Day 3 – week 2:

- Begin gentle range of motion (ROM), stretching and Yoga exercises
- Return to and gradually increase daily walking for exercise
- Initiate stationary bike and elliptical
- Light weight training
- Swimming after the incision is well healed (generally after 7 days)
- Let pain and discomfort be your guide. Do not exercise through pain
- It is not unusual to experience a slight increase in discomfort of the treated joint around the two week time period. Treat the symptoms accordingly with rest, ice and reduction of activity.

Weeks 3-6

- Continue with Yoga, Stretching and ROM
- Progressively increase weight training
- Begin skiing, hiking and light impact activities
- Progress to light jogging

Week 6:

- Return to full activity per individual goals

