

R3 Stem Cell Publishes Peer Reviewed Paper on the Regenerative Trifecta, a new approach for athlete soft tissue injury

R3 Stem Cell CEO Dr. David Greene Publishes Peer-Reviewed Paper on the "Regenerative Trifecta," a combined biologic approach for athlete soft tissue injuries.

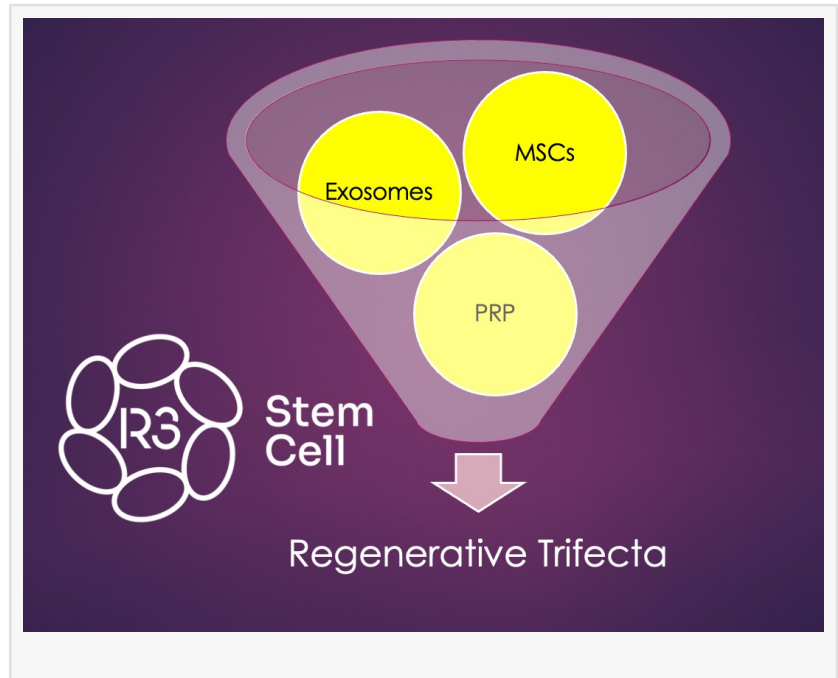
SCOTTSDALE, AZ, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- R3 Stem Cell Founder/CEO Dr. David Greene has published a peer-reviewed paper on an innovative multimodal regenerative protocol for athletic soft tissue injuries and return to sport. The paper, published in the Cureus Journal of Medical Science, details the "Regenerative Trifecta," a combined

biologic approach developed by R3 Stem Cell for athletes recovering from tendon, ligament, and muscle injuries. The paper is titled "Regenerative Trifecta: A Multimodal Regenerative Approach to Soft Tissue Injury Recovery and Return to Sport," appears in Volume 18, Issue 8, and was published August 16, 2026 (DOI: 10.7759/cureus.114620).

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Our providers offer the Regenerative Trifecta routinely to amateur and professional athletes. We've treated Olympians along with athletes from the NBA, MLB, NFL and NCAA with the Trifecta.”

David Greene, MD, PhD, MBA



The paper examines the biological limitations of standard care for tendon, ligament, and muscle injuries, and presents the Regenerative Trifecta protocol, an approach developed by R3 Stem Cell that combines umbilical cord mesenchymal stem cells (UC-MSCs), platelet-rich plasma (PRP), and exosomes to address the underlying biology of soft tissue healing rather than symptoms alone. The Regenerative Trifecta is exclusively available at R3's global Centers of Excellence.

“Soft tissue injuries are one of the most common reasons athletes miss games, lose entire

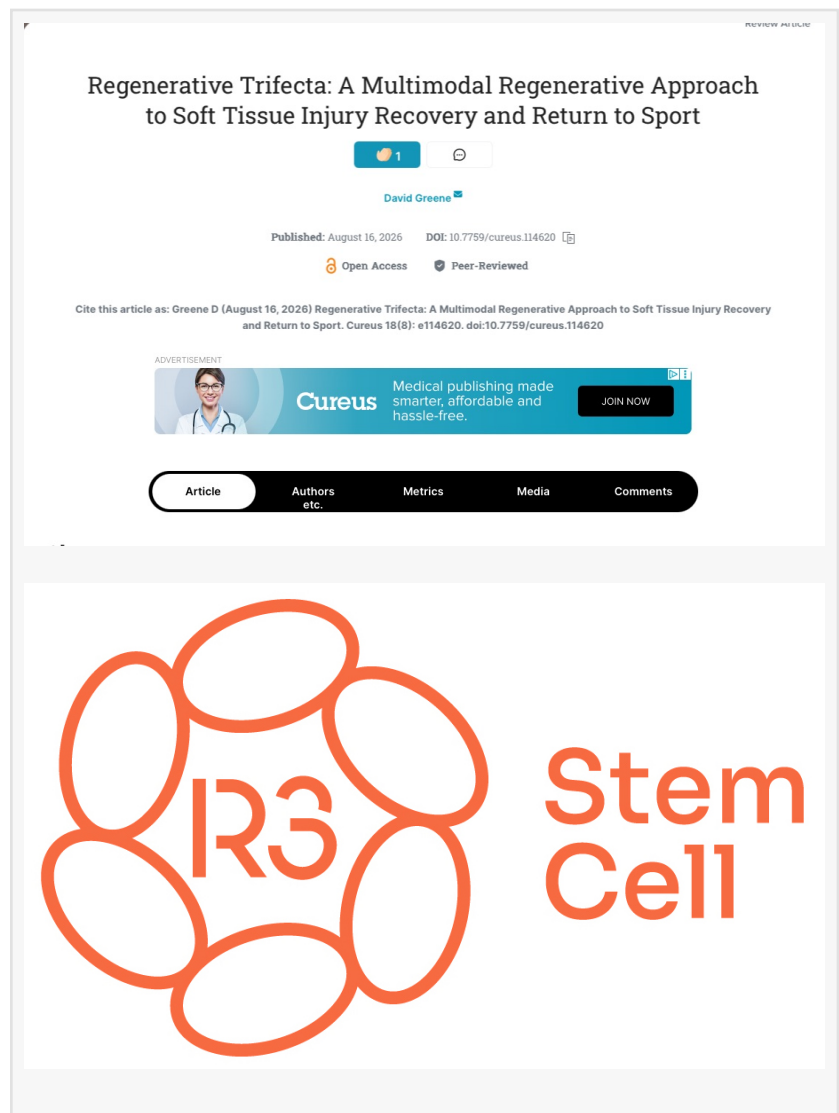
seasons, or see their careers end early, and the tools we've relied on for decades — rest, physical therapy, anti-inflammatories — don't actually repair the tissue at a biological level,” said Dr. Greene. “This paper lays out the case for a coordinated, multimodal regenerative approach and the rationale for why combining these therapies, rather than using any one in isolation, better reflects the full biology of how tendons, ligaments, and muscle actually heal.”

Among the paper's key points:

- Tendons and ligaments are poorly vascularized and tend to heal through fibrotic scar tissue rather than true collagen restoration, leaving repaired tissue mechanically weaker and more prone to re-injury.
- Existing clinical and preclinical evidence supports the ability of mesenchymal stem cells, PRP, and extracellular vesicles to actively remodel the injury environment and improve healing quality compared with standard care.
- The paper outlines the individual mechanism of action for each component of the Regenerative Trifecta and the clinical rationale for combining them, with particular attention to elite and masters-level athletes, populations in which healing biology and clinical need intersect most directly.

The Regenerative Trifecta protocol was developed by R3 Stem Cell and is discussed in the paper as a framework for coordinating these three regenerative modalities within a single treatment approach for athletes and active patients recovering from soft tissue injury. The paper is publicly available in the Cureus Journal of Medical Science at: <https://www.cureus.com/articles/499380-regenerative-trifecta-a-multimodal-regenerative-approach-to-soft-tissue-injury-recovery-and-return-to-sport>

Added R3 Stem Cell's Dr. David Greene, "Our providers offer the Regenerative Trifecta routinely to amateur and professional athletes. We've treated many Olympians along with current and



retired athletes from the NBA, MLB, NFL and NCAA with the Regenerative Trifecta. The combined effect allows athletes to return to sport much faster than with conventional treatment. At least, according to the years of anecdotal evidence we've received."

About R3 Stem Cell

R3 Stem Cell is a multinational regenerative medicine provider operating more than 90 Centers of Excellence worldwide. With over 30,000 stem cell procedures performed in 8 countries and an 85% patient satisfaction rate, R3 Stem Cell has successfully combined biological quality, safety and affordability.

Founded and led by Dr. David Greene,

MD, PhD, MBA, R3 Stem Cell offers regenerative treatment options for a range of orthopedic, sports medicine, and degenerative conditions, and is committed to advancing the clinical evidence base for regenerative biologic therapies through ongoing research and publication.

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