MK Wellness
ATHLETIC RECOVERY & BODY SCULPTING

FOR ATHLETES, COACHES & TRAINERS

The Elite Athlete Recovery Protocol

Pre-game, post-game, the whole season, and injuries in one plan, with what each treatment does and when to use it.



29	10	7	$150
THERAPIES UNDER ONE ROOF	PRIVATE TREATMENT ROOMS	DAYS A WEEK	A MONTH, STUDENT RECOVERY (18 & UNDER)

17844 Mound Road, Suite F, Cypress, TX 77433
Book or text **(346) 805-8928** · **mkwellness.care**
Mon–Thu: 9 AM–7 PM · Fri: 9 AM–6 PM · Sat: 9 AM–5 PM · Sun: 1 PM–5 PM

Scan for the online protocol

WHY MK WELLNESS

Athletic Recovery Is in Our Name

Your athletes put in the work. We help their bodies recover from it, with every major recovery tool under one roof and a plan that changes with the season and the game week.

29 therapies, one visit

Red light, compression boots, dry cryo, PEMF, mild hyperbaric oxygen, EWOT, infrared sauna, vibration, NeuroVizr, and more, in 10 private treatment rooms.

A plan for every phase

Off-season, pre-season, in-season, and playoffs, plus the day before a game, the final hour, right after, and injuries.

Today's sports science

No cold right after lifting in the off-season, nothing tiring before a game, and a protect-then-load approach to injuries.

The whole athlete

Sleep, real food, hydration, breathing, and visualization are part of the plan, not an afterthought.

On your team's side

Injuries go to a physician, athletic trainer, or physical therapist first. Our recovery supports their plan and never replaces it.

Priced for student athletes

Student Recovery is $150 a month for up to 3 modalities a day, every day (18 and under). A Student Day Pass is $50 for any 4 modalities in one visit.

What a visit looks like

AFTER A GAME

Compression Boots + Dry Cryo Float + PEMF Therapy

THE DAY BEFORE

Red Light Therapy + Infrared Sauna + Compression Boots

OFF-SEASON LIFTING

Red Light Therapy + PEMF Therapy + Infrared Sauna

Each therapy counts as 1 of Student Recovery's 3 a day.

How it works for your athletes

1. **Book online or text us**
   Student Recovery or a Day Pass, on Vagaro or by text at (346) 805-8928.
2. **We match the plan**
   A recovery specialist picks therapies for their sport, schedule, and phase of the season.
3. **45 to 60 minutes**
   Most visits run 45 to 60 minutes. Parents are welcome to stay or drop off.

Coaches and trainers: send your athletes our way.

Text (346) 805-8928
mkwellness.care/students

OUR RECOVERY TOOLS

What Each Treatment Does

How long a session takes and when we use each one. **Bold tags** mark a top pick.

Red Light Therapy — 15 min
Red and near-infrared light that boosts cellular energy and supports muscle repair. Zero fatigue, so it works before a game and after.

Pre-game · Post-game · **Injury** · **Off-season** · **Playoffs**

PEMF Therapy — 20–30 min
Gentle pulsed magnetic fields that support recovering tissue, sore joints, and sleep through a long season.

Pre-game · **Post-game** · **Injury** · **Off-season** · **In-season**

Compression Boots — 15–30 min
Air-pressure boots that squeeze and release to move blood and fluid out of tired legs. The fastest leg refresh after games.

Pre-game · **Post-game** · Injury · **Pre-season** · **In-season**

Infrared Sauna — 15–30 min
Deep, gentle heat for circulation, relaxation, and heat acclimation before summer two-a-days. Keep it short before games.

Pre-game · Post-game · Injury · **Off-season** · **Pre-season**

Nano Vi + Mitolux — 20–30 min
Nano Vi supports the cells' natural repair from training stress without taxing the body. The Mitolux UVB lamp supports vitamin D.

Pre-game · Post-game · Injury · **Playoffs**

Dry Cryo Float — 3–20 min
A dry, cold float that calms soreness and inflammation without an ice bath. Not right after lifting in the off-season.

Post-game · **In-season**

Mild Hyperbaric Oxygen — 30–60 min
A pressurized chamber that raises the oxygen available to tissue rebuilding after hard training or injury. One a month with Student Recovery.

Post-game · **Injury**

Vibration Plate — 10–15 min
A vibrating platform that wakes up muscle fibers and circulation in minutes. Two to three minutes before you play.

Pre-game · Post-game

NeuroVizr + Sound Lounge — 5–15 min
Light and sound that guide the brain toward calm focus before a game, or deep rest the night before a big one.

Pre-game · **Playoffs**

EWOT — 15 min
Exercise with oxygen: short cardio while breathing concentrated oxygen, for the aerobic base. Early in the week, never before a game.

Pre-game · **Pre-season**

Lymphatic Roller — 10–15 min
A gentle electro-stimulation massage that keeps lymph fluid moving after hard games.

Post-game · Injury

HydroMassage Bed — 10–15 min
Warm, pressurized water massage with no joint impact, to ease muscle tension. Free with every membership.

Post-game · Injury

Zero Gravity Chair — 15–20 min
Massage with the legs above the heart: loose muscles without the grogginess of a long massage. Free with every membership.

Pre-game

BioCharger NG — 15–30 min
Light, frequency, and magnetism in one session, for general energy support.

Pre-game

Spinal Thermal Massage — 20 min
Heat and pressure along the full spine to relax the back after heavy training loads.

Injury

And the recovery tool that's free: sleep

+9%
better free-throw and 3-point shooting, and faster sprints, when Stanford basketball players slept more for 5 to 7 weeks.

1.7×
more likely to have had an injury, for teen athletes who slept under 8 hours a night.

8–10 hrs
of sleep a night is what teens 13 to 18 need, per the American Academy of Sleep Medicine.

PRE-GAME AND POST-GAME

Game Day, Hour by Hour

The right recovery on the wrong day can work against you. Here's the plan from the day before through the night after.

THE DAY BEFORE

Prepare, don't fatigue

AT MK · 1 Red Light Therapy · 2 Infrared Sauna · 3 Compression Boots · 4 PEMF Therapy

Hydrate: Water with minerals all day: a pinch of sea salt and citrus, coconut water, or BEAM Electrolyze. Keep heat sessions short.

Sleep: Lights out early. Teens need 8 to 10 hours.

3 HOURS OUT

The real meal

Fuel: Protein, cooked vegetables, and an easy carb like sweet potatoes or rice. Go light on fat and fiber so it digests in time.

Hydrate: Keep sipping water with minerals.

THE FINAL HOUR

Short and activating, never tiring

AT MK

1 **Red Light Therapy** · energy with zero fatigue

2 **Nano Vi + Mitolux** · restorative cellular primer

3 **NeuroVizr + Sound Lounge** · calm, focused mind

4 **Vibration Plate** · 2–3 minutes to switch on

5 **Zero Gravity Chair** · loose without losing your edge

Fuel: Fruit 30 to 60 minutes out.

Mind: Box breathing, then visualize in first person: what you'll see, hear, and feel, through the real sequence, hard moments included.

Skip: EWOT and anything exhausting.

RIGHT AFTER

Start recovery before you leave

AT MK · 1 Compression Boots · 2 Dry Cryo Float · 3 PEMF Therapy

Also good: Red Light Therapy, Infrared Sauna, Nano Vi + Mitolux, Mild Hyperbaric Oxygen, Lymphatic Roller, HydroMassage Bed, Vibration Plate

Fuel: A full plate of protein plus carbs within a couple of hours. If appetite is low, start with a whole-milk or kefir shake with a banana.

Rehydrate: Weigh before and after: about 20 to 24 oz of fluid for every pound lost, spread over a few hours.

THAT NIGHT

Sleep is the recovery

Sleep: Screens off, a cool, dark room, and 8 to 10 hours. Much of the body's repair happens during sleep.

TEXAS HEAT Start every practice hydrated, and replace what you sweat: BEAM Electrolyze daily, and again after practice, games, or the sauna (follow the label for your age). Confusion, vomiting, fainting, or a very high body temperature during or after heat is an emergency: call 911 and start cooling the athlete right away.

YOUR SEASON

Match Recovery to the Season

Each phase has a different job. These are our top 3 picks for each, in order (Student Recovery covers up to 3 a day), plus what to skip.

Off-Season

BUILD STRENGTH, FIX NAGGING ISSUES

1. **Red Light Therapy.** Supports muscle repair and adaptation from heavy training.
2. **PEMF Therapy.** Helps sore joints and tissue recover between lifting days.
3. **Infrared Sauna.** Deep recovery, circulation, and relaxation after training.

Skip: Cold right after lifting. It can blunt muscle-building gains, so keep cold for other days.

Pre-Season

CONDITIONING IN THE TEXAS HEAT

1. **EWOT.** Builds the aerobic base while conditioning ramps up.
2. **Infrared Sauna.** Post-training heat supports heat acclimation before summer two-a-days.
3. **Compression Boots.** Flushes tired legs during high-volume weeks.

Skip: Stacking hard sessions on hard sessions. Recovery days are when fitness sets in.

In-Season

RECOVER FAST BETWEEN GAMES

1. **Compression Boots.** The fastest way to refresh legs after games and practices.
2. **Dry Cryo Float.** Calms soreness and inflammation when performance matters more than new muscle.
3. **PEMF Therapy.** Supports tissue recovery and sleep through a long season.

Skip: Anything new or exhausting the day before a game. See Phase 2.

Taper & Playoffs

FRESH, RESTED, AND FOCUSED

1. **NeuroVizr + Sound Lounge.** Calms the nervous system and supports deep sleep before big games.
2. **Red Light Therapy.** Gentle cellular energy support with zero fatigue cost.
3. **Nano Vi + Mitolux.** Restorative cellular support that doesn't tax the body.

Skip: EWOT and long, hot sauna sessions. Save your energy for competition.

At a glance

● top pick ○ good option

THERAPY	PRE-GAME	POST-GAME	INJURY
Red Light Therapy	●	○	●
Infrared Sauna	○	○	○
PEMF Therapy	○	●	●
Compression Boots	○	●	○
Nano Vi + Mitolux	●	○	○
Vibration Plate	●	○	
Mild Hyperbaric Oxygen		○	●
Lymphatic Roller		○	○

THERAPY	PRE-GAME	POST-GAME	INJURY
HydroMassage Bed		○	○
EWOT	○		
BioCharger NG	○		
NeuroVizr + Sound Lounge	●		
Zero Gravity Chair	○		
Dry Cryo Float		●	
Spinal Thermal Massage			○

IF AN INJURY HAPPENS

Medical evaluation always comes first.

Once a physician, athletic trainer, or physical therapist has evaluated the injury, protect it for the first 1 to 3 days, then support blood flow and gradual loading, following their plan. For any head injury, read our concussion guide before returning to play.

Top picks: Mild Hyperbaric Oxygen, PEMF Therapy, Red Light Therapy. **Also good:** Infrared Sauna, Nano Vi + Mitolux, Compression Boots, Spinal Thermal Massage, Lymphatic Roller, HydroMassage Bed.

My week

DAY	TRAINING OR GAME	RECOVERY (UP TO 3)
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Memberships that cover this protocol

Student Recovery · $150/mo · 18 & under (15 of 15 therapies)

Weight Support · $299/mo (15 of 15 therapies)

Energize · $349/mo (15 of 15 therapies)

Elevate · $500/mo · 6-month commitment (15 of 15 therapies)

Optimize · $549/mo (15 of 15 therapies)

Wellness Access · $149/mo (7 of 15 therapies)

Start this week

Book at vagaro.com/mkwellnessandbodysculpting
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Full protocol online

MK Wellness services are non-medical and not intended to diagnose, treat, cure, or prevent any condition. Always consult a physician, athletic trainer, or physical therapist before beginning any new wellness or training routine, especially with an active injury or suspected concussion.