

Topher Stephenson, M.D.

Dr. Stephenson is a board-certified Physical Medicine and Rehabilitation (PM&R) specialist in Sacramento, California.

His Medical Doctorate was completed at the University of New Mexico, he then completed his PM&R training at U.C. Davis and non-invasive brain stimulation training at Harvard. Dr. Stephenson is a Fellow of the American Board of Physical Medicine and Rehabilitation and is a member of the American Academy of PM&R.

After eight years of practicing medicine in the Dignity Health system he started a solo private practice. He provides his patients with regenerative injection therapies including prolotherapy and platelet rich plasma in addition to treating traumatic brain injuries, musculoskeletal injuries and other disabling conditions.

In addition to his medical practice Dr. Stephenson trains resident physicians from the U.C. Davis departments of PM&R. He also serves as the President of the U.C. Davis School of Medicine Alumni Association and the Chairman of the Board of Directors for the Brain Injury Association of California.

Outside of his medical practice he coaches competitive soccer teams, participates regularly in CrossFit and enjoys leading whitewater raft trips down the Grand Canyon. He lives in East Sacramento with his wife and two children.

