

Hip Rehab after Regenxx bone aug to acetabulum and OA procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Week 1	<p>Crutches for 3 days for partial weight bearing. Then after 3 days weight bearing as tolerated but limit weight bearing activity as much as possible for 1 week.</p> <p>Avoid any activity that causes more than mild 2/10 pain.</p>	<p>Active and passive ROM exercises.</p> <p>Isometric quad, hamstring, adduction, gluteal sets.</p> <p>Pelvic alignment exercises, core stabilization with therapist</p> <p>*Can start pool exercise after day 5.</p>	<p>Walk full weight bearing 50ft with no more than minimal 2/10 pain.</p>
Phase II: Minimal Protection Mobility and light resistance training Week 1- week 6	<p>Avoid any activity that causes more than mild 2/10 pain during or after the activity.</p>	<p>If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 2 months.</p> <p>Add in stationary bike, then, add Elliptical, then add walking for exercise.</p> <p>Calf raises, Mini Squats, lunges with trunk rotation, lying and standing hip abd/flex/ext, supine bridge with marching, plank w/ hip extension, single-leg balance->deadlifts->squats.</p>	<p>When able to walk for exercise with no more than 2/10 pain x 1week.</p>
Phase III: Advanced Resistance Strengthening / Week 2 - 8	<p>Avoid any activity that causes more than mild 2/10 pain during or after the activity.</p>	<p>Can add resistance exercises/weights, hills, hiking, low to moderate impact activity.</p> <p>Cont pool for 2 months.</p>	<p>Can handle light to moderate activities with no more than 2/10 pain x 1 week.</p>
Phase IV: Return to Sport/Activity Week 2 - 16	<p>No strict restrictions.</p>	<p>Gradual return to full Functional activity.</p> <p>Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, and postural restoration.</p>	<p>Return to phase III if more than 2/10 pain with most exercises or activities.</p>