

Hip Rehab after Regenexx OA procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Week 0-1	Weight bearing as tolerated but limit weight bearing activity as much as possible. MD may recommend crutches for 3-7 days to assist. Avoid any activity that causes more than mild 2/10 pain.	Active and passive ROM exercises. Isometric quad, hamstring, adduction, gluteal sets. Pelvic alignment exercises, core stabilization with therapist *Can start pool exercise after day 2.	Walk full weight bearing 50ft with no more than minimal 2/10 pain.
Phase II: Minimal Protection Mobility and light resistance training Day 3- week 6	Avoid any activity that causes more than mild 2/10 pain during or after the activity.	If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 2 months. Add in stationary bike, then, add Elliptical, then add walking for exercise. 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.	When able to walk for exercise with no more than 2/10 pain x 1week.
Phase III: Advanced Resistance Strengthening / Week 2 - 8	Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Can add resistance exercises/weights, hills, hiking, low to moderate impact activity. Cont pool for 2 months.	Can handle light to moderate activities with no more than 2/10 pain x 1 week.
Phase IV: Return to Sport/Activity Week 2 - 16	No strict restrictions.	Gradual return to full Functional activity. Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, and postural restoration.	Return to phase III if more than 2/10 pain with most exercises or activities.