

Knee Rehab after Regenxx medial and lateral compartment osteoarthritis procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Day 0-3	Wear unloader brace while weight bearing at all times for 6 weeks.	Rest 1-2 days. Household and community ambulation ok with brace. Passive and active ROM exercises.	At least 2 days Able to perform ROM exercises with no more than 2/10 pain.
Phase II: Minimal Protection Mobility and light resistance training Day 3- week 6	Wear unloader brace while weight bearing at all times 6 weeks. Avoid deep knee bending exercises. 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 Core training, non-resistance hip and knee strengthening.	When able to walk for exercise with no more than 2/10 pain x 1 week.
Phase III: Advanced Resistance Strengthening / Week 6-12	Avoid any activity that causes more than mild 2/10 pain during or after the activity. Avoid twisting, lateral and rotational exercises if any ligament instability outside of PT.	Start walking for exercise if not painful Add resistance exercises/weights, hills, hiking, low to moderate impact activity. Continue pool for 2 months. Address weakness, patella maltracking, ligamentous laxity, proprioception, and ROM deficits in PT.	Can handle light to moderate activities with no more than 2/10 pain x 1 week.
Phase IV: Return to Sport/Activity Week 12-26	No strict restrictions. Full activity as long as no more than mild 2/10 pain. After 6 weeks can discontinue brace or use for moderate to high impact activities as needed.	Gradual return to full Functional activity. Address weakness, patella maltracking, ligamentous laxity, proprioception, and ROM deficits in PT.	Return to phase III if more than 2/10 pain with most exercises or activities.