

***Knee Rehab after Regenexx OA with bone augmentation procedures.***

	<b>Restrictions</b>	<b>Therapeutic Exercise</b>	<b>Progress to next phase when:</b>
<b>Phase I:</b> <b>Maximal Protection</b> <b>Week 1</b>	<p>Use crutches for 3 days for touch down weight bearing (foot can touch ground for balance and half of weight).</p> <p>Can discontinue crutches after 3 days and use braces only while weight bearing for 6 weeks.</p>	<p>Active and passive ROM exercises 2-3x daily.</p> <p>Lying ankle pumps, front and side leg raises. Core stabilization exercises.</p> <p>Beginning day 5: If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 3 months.</p>	<p>At least 1 weeks and</p> <p>Can weight bear with minimal pain 2/10.</p>
<b>Phase II:</b> <b>Minimal Protection</b> <b>Mobility and light resistance training</b> <b>Week 2- week 8</b>	<p>Wear unloader brace while weight bearing at all times for 6 weeks. Avoid deep knee bending exercises.</p> <p>Avoid any activity that causes more than mild 2/10 pain during or after the activity.</p>	<p>Continue pool therapy x 3 months</p> <p>Add in stationary bike, then, add Elliptical, then add walking for exercise.</p> <p>Core training, non-resistance hip and knee strengthening.</p>	<p>When able to walk for exercise with no more than 2/10 pain x 1 week.</p>
<b>Phase III:</b> <b>Advanced Resistance Strengthening /</b> <b>Week 9-16</b>	<p>Avoid any activity that causes more than mild 2/10 pain during or after the activity.</p> <p>Avoid twisting, lateral and rotational exercises if any ligament instability outside of PT.</p>	<p>Add resistance exercises/weights, hills, hiking, low to moderate impact activity.</p> <p>Continue pool for 2 months.</p> <p>Address weakness, patella maltracking, ligamentous laxity, proprioception, and ROM deficits in PT.</p>	<p>Can handle light to moderate activities with no more than 2/10 pain x 1 week.</p>
<b>Phase IV:</b> <b>Return to Sport/Activity</b> <b>Week 16-26</b>	<p>No strict restrictions.</p> <p>After 6 weeks can discontinue brace or use for moderate to high impact activities as needed.</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>