

Hip Rehab after Regenxx Osteoarthritis/AVN/Bone Cysts in femoral head with bone augmentation procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Week 0-3	Touchdown weight bearing (foot can touch ground for balance but not weight) for 3 days then partial weight bearing with crutches for 10-14 days.	PROM and AROM exercises 2-3x daily *Starting day 8 If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 3 months. Core stabilization exercises. Lying ankle pumps, front and side leg raises.	At least 1 week and Can weight bear at pre-procedural pain level. (if average pain was 5/10 prior to your procedure return to full weight bearing once pain no more than 5/10 while bearing weight).
Phase II: Minimal Protection Mobility and light resistance training Week 2- week 6	Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Continue pool therapy for 3 months. Add in stationary bike, then add Elliptical, then add walking for exercise. Isometric quad, hamstring, adduction, gluteal sets. 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.	When able to walk for exercise with no more than 2/10 pain x 1week.
Phase III: Advanced Resistance Strengthening / Week 3 - 12	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. Continue 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 4 - 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.