

Knee Rehab after Regenexx primary patella femoral osteoarthritis procedures.

| | Restrictions | Therapeutic Exercise | Progress to next phase when: |
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| Phase I: Maximal Protection Week 1 | Patella stabilizing brace while weight bearing at all times for 6 weeks. | Passive and active ROM exercises. Quadriceps isometrics, straight leg raises Core stabilization. | At least 1 week Able to perform exercises with no more than 2/10 pain. |
| Phase II: Minimal Protection Mobility and light resistance training Week 1- week 6 | Wear brace while weight bearing at all times 6 weeks. Avoid any activity that causes more than mild 2/10 pain during or after the activity. Avoid bicycling, deep knee bends, deep squats, resisted knee extension. | If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 2 months. Can do elliptical for exercise. Cont isometrics. Then add: mini lunges, wall slides, lateral step-ups, mini squats. Hip abductor and external rotator strengthening. | When able perform exercises 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. | Continue pool for 2 months. Can begin advanced Hamstring strengthening, light bicycling, stair stepping, walking for exercise. Progress to easy closed chain exercises. | Can perform exercises and walk for exercise with no more than 2/10 pain x 1 week. |
| Phase IV: Return to Sport/Activity Week 12-26 | No strict restrictions. After 6 weeks can discontinue brace or use for moderate to high impact activities as needed. | Can start jogging and sport specific training 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. |