



PERFORMANCE

INJURY CARE & SPORTS MEDICINE

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Regenerative Therapy Post Procedural Activity Level

Activity Level : It is important for you to minimize physical activity in the immediate period after Stem Cell therapy because stress to the joint reduces the chance of a successful recovery. The newly growing tissue is fragile and can be injured with too much activity. Below is a typical progression to activity program to help you understand your timeline.

- Day 0-2** You will be sore from the procedure. You need passive (assisted) range of motion hourly while awake. Use your brace/crutches for protection and non-weight bearing for lower extremity and sling/brace for upper extremity procedures. 15-20 minutes of ice every 2-3 hours.
- Day 2-21** Although you may start using the procedural area, the more you allow the area to move passively and minimize stress, the more likely you will have a successful outcome. We recommend continuing partial weight bearing using crutches and/or brace for 2-3 weeks. Remember NO ibuprofen type drugs or tobacco products. Exercise bike or swimming is the preferred exercise program--motion to the joint without over-stressing the joint is your goal. If using an unloader brace for your knee, you should leave it on for all upright activity. A few steps with brace support is ok. Begin the Isometric strengthening and eccentric exercises that we have shown you.
- Week 3-6** Remember over-stressing the procedure site is to be avoided. This is a balancing act of trying to introduce some stress without overdoing it. Use brace for walking during all activity with weight bearing. We recommend home or office privileges where you can remove the brace and use the procedural area naturally. This to promote motion and light stress. For projects, chores & labor you should use the brace for protection. You may add elliptical trainer for fitness & light dumbbell weights (1lb-10lbs). You now can start the eccentric concentric exercises with mild to moderate stress.
- Week 6-10** You may now leave the brace off for many activities. For moderate to heavy or vigorous activity you should use your brace. We recommend using the brace for all uneven, wet, icy or slippery terrain. Soft surface walking, hiking or jogging is ok. Avoid hard, heavy or downhill running. An uphill walk or jog is ok, but, avoid intervals or speed work. Increase resistance on strength training exercises.
- Week 10-16** You should be brace free unless doing strenuous activity, or you are on wet, slippery or uneven terrain. Continue most activities as tolerated, and continue strengthening exercises. Avoid deep squatting activity, but, leg press and lunges to 45 degrees is ok. For heavy weight training consider using a supportive wrap or brace.
- Week 16+** Use good judgement on activity. Your stem cells are still working. In some studies gradual improvement continues for up to 22 months.