

REHABILITATION MANUAL FOR OSSGROW®

AUTOLOGOUS ADULT LIVE CULTURED OSTEOBLASTS

(FOR BILATERAL HIP)

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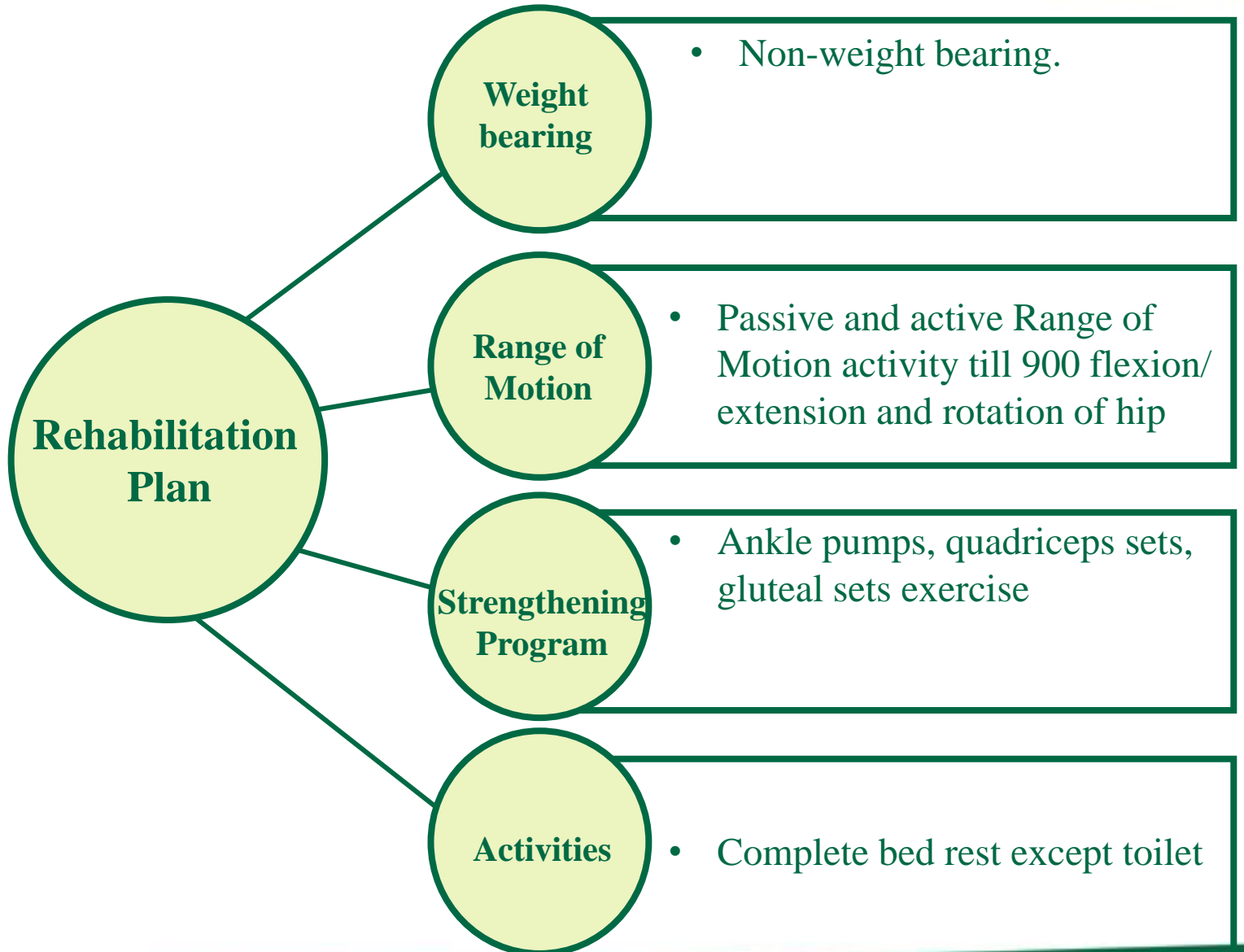
INTRODUCTION

- After an injury or surgery, a rehabilitation manual will help patient return to daily activities and enjoy a more active, healthy lifestyle. Following a well structured rehabilitation manual will also help patient return to sports and other recreational activities.
- This is a general rehabilitation manual that provides a wide range of exercises.
- To ensure that the manual is safe and effective for you, it should be performed under doctor's supervision.
- This manual should be continued for 4 to 6 weeks, unless otherwise specified by your doctor or physical therapist.
- After recovery, these exercises can be continued as a maintenance program for lifelong protection and health of hips and thighs.
- Perform these exercises 2 to 3 days a week will maintain strength and range of motion in hips and thighs.

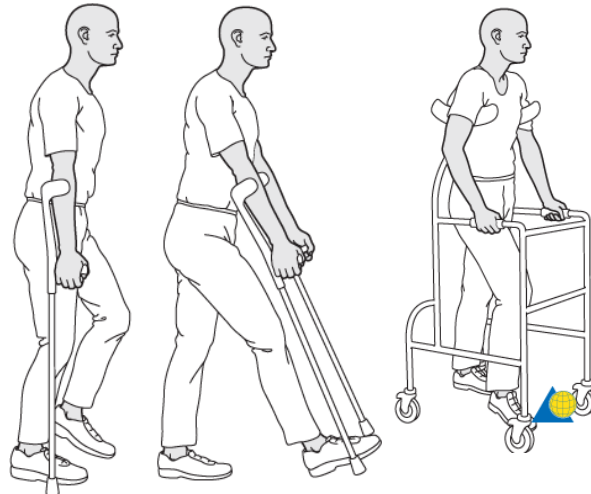
PHASE I (0-1 WEEK POST-OPERATIVE)

Goals:

- Allow soft tissue healing.
- Reduce pain, inflammation and swelling.
- Increase motor control and strength.
- Increase independence with mobility.
- Educate patient regarding weight bearing.



PHASE II (1-3 WEEKS POST-OPERATIVE)



Goals:

- Increase ROM & strength
- Increase functional independence

Rehabilitation Plan

Weight bearing	Range of Motion	Strengthening Program	Activities
<ul style="list-style-type: none"> • Partial weight bearing with walker, restrict to toilet. 	<ul style="list-style-type: none"> • Hip abduction/adduction, hip internal/external rotation • Hip ROM (Active and Passive ROM) 	<ul style="list-style-type: none"> • Quadriceps sets in full knee extension, gluteal sets, towel squeeze etc. 	<ul style="list-style-type: none"> • Strictly walk with walker

PHASE III (3-6 WEEKS POST-OPERATIVE)



Goals:

- Increase lower extremity and trunk strength
- Balance and proprioceptive training to assist with functional activities.
- Compulsory X-ray at 6 weeks.

Rehabilitation Plan

Weight Bearing

- Increase weight bearing 50% body weight

Range Of Motion

- Get full ROM especially external rotation in hip flexion

Strengthening Program

- Straight leg raises
- Knee quadriceps
- Static squats

Activities

- Sit to stand activities
- Gait training

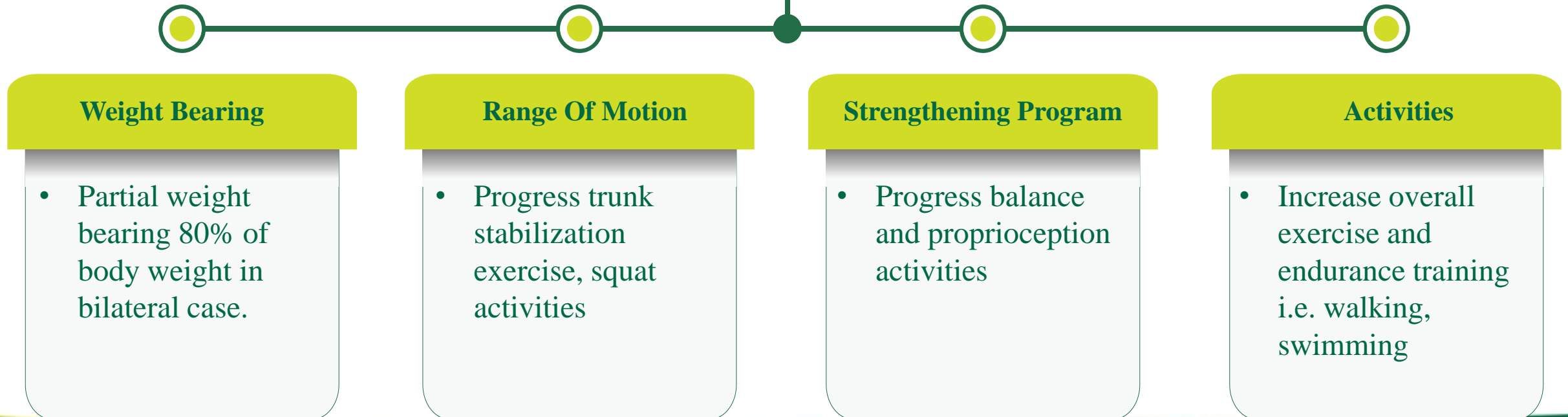
PHASE IV (6-12 WEEKS POST-OPERATIVE)



Goals:

- Increase overall strength throughout lower extremities
- Return to all functional activities
- Begin light recreational activities.
- Compulsory X-ray at 12 weeks

Rehabilitation Plan



PHASE V (12 WEEKS ONWARDS)

Goals:

- Return to normal routine activity.



Rehabilitation Plan

Weight Bearing • Full weight bearing exercise

Range Of Motion

Strengthening Program

Activities • Continue walking, swimming and biking programs for aerobic conditioning

- Cycling
- No impact exercises like running, jogging and climbing for 12 weeks

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