

# REHABILITATION MANUAL FOR OSSGROW®

## AUTOLOGOUS ADULT LIVE CULTURED OSTEOBLASTS

### (FOR UNILATERAL HIP)

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# PHASE I (0-1 WEEK POST-OPERATIVE)

## Goals:

- To increase motor control and strength by reducing pain, inflammation and swelling and allowing soft tissue healing.



- Partial weight bearing
- Gait training on flat surfaces on stairs
- Complete bed rest

# PHASE II (1-3 WEEKS POST-OPERATIVE)



## Goals:

- To increase functional independence by increasing range of motion & strength
- Partial weight bearing 50% of body weight
- Activities like weaning from walker to crutches to cane only

# PHASE III (3-6 WEEKS POST-OPERATIVE)



- Partial weight bearing 80% of body weight
- Activities:
  - a. Sit to stand activities
  - b. Lifting and carrying
  - c. Ascending and descending stairs

## **Goals:**

- To increase lower extremity and trunk strength through balance and proprioceptive training (e.g. crossover walk exercise)

# PHASE IV (6-12 WEEKS POST-OPERATIVE)



- Full weight bearing
- Activities:
  - a. Walking
  - b. Swimming

## **Goals:**

- To increase overall strength throughout lower extremities and become proficient to return to all functional and light recreational activities

# PHASE V (12 WEEKS ONWARDS)

## Goals:

- Return to normal routine activity.



- Full weight bearing
- Activities:
  - a. Walking
  - b. Swimming
  - c. Biking
  - d. Aerobic exercise
  - e. cycling

**Note: For bilateral (both hip joints rehabilitation), please follow advise of your orthopedic surgeon**

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