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Bone Marrow (stem cell) Rehab Guidelines

Please follow Knee Scope protocol with these Guidelines

Relative Rest ~ 2 weeks

- WBAT with assistive device
- ROM and neural activation (quad sets, leg lifts etc)
- No NSAIDs pre/post x 6weeks

2 weeks - 6+ weeks

- Cont. ROM
- Non-impact strengthening
- Eccentrics
- Stay pain free

6-8 weeks can advance activity slowly, gradually progress into

- Impact activity
- Plyometrics
- RTP