

SPORTS  
MEDICINE

## **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