

Return To Sports Following ACL TEAR



ACL Surgery

VS

Regenexx®

ON CRUTCHES

From One to Several Weeks



Knee Rehabilitation Timeline



NO CRUTCHES

Only as Needed for Pain



Getting rid of swelling and range of motion. 90 degrees of extension expected by 14 days. Typically no driving for two weeks.

DRIVING LIMITATIONS

First 2 weeks

Cardio work with an ACL brace with in-line activities such as biking or elliptical. Range of motion not an issue. Driving not an issue.

DRIVING POSSIBLE



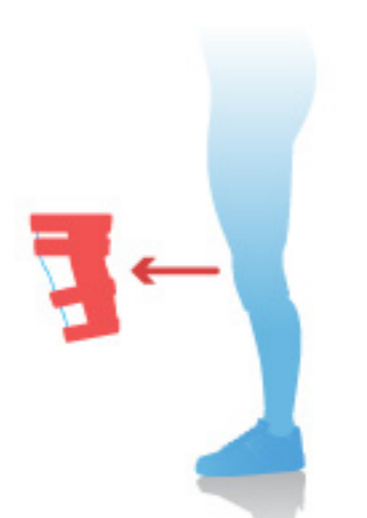
Light weight strengthening, trying to achieve full range of motion, no stress on the ACL graft, graduating to an elliptical trainer by the end of the period.

NEED FOR MUSCLE TRAINING

2 - 6 weeks

No reason for strength training as the thigh muscles don't atrophy in the first two weeks. Exam at 6 weeks to check for stability. If stable, the full time ACL brace is removed.

ALLOWED TO REMOVE BRACE



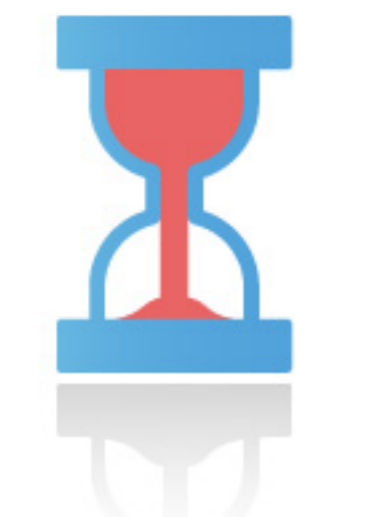
Improve confidence in the operated knee using an ACL brace, progressing strength training for return to sport, light jogging (straight ahead) allowed at 3 months.

ALLOWED LIGHT JOGGING

6 weeks to 4 months

If the knee is stable, advance to very light running (straight ahead) at 6 weeks with brace. Exam again at 3 months with first follow-up MRI. If both show healing, then advance to heavier running (straight ahead).

ADVANCE TO HEAVIER RUNNING



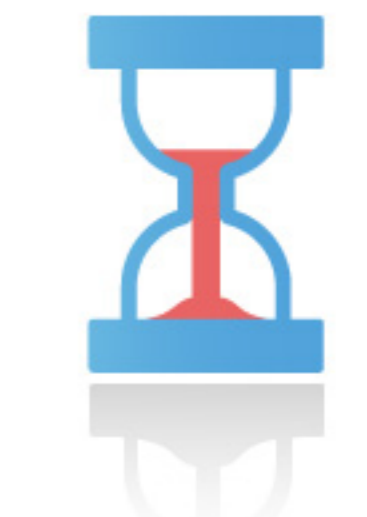
From 4-6 months, light jogging with brace progresses. If all criteria is met, slow return to sport at 6 months with a brace needed for 1-2 years.

RETURN TO SPORT WITH BRACE AT 24 WEEKS. BRACE SUPPORT FOR 1-2 YEARS

4 - 6 months

Exam at 4.5 months. If stable, then the patient can return to sport with a brace over the next 6 weeks. If knee stable, brace comes off at 6 months.

RETURN TO SPORT WITH BRACE AT 6 WEEKS. BRACE SUPPORT FOR 6 MONTHS



ACL GRAFT



The knee will always have position sense deficits and is unlikely to regain the full strength of the un-operated knee. The biomechanics of the knee are forever altered by the fact that the graft goes in at an unusually steep angle to the joint.

THE LIKELIHOOD FOR EARLY ONSET OSTEOARTHRITIS IS HIGH

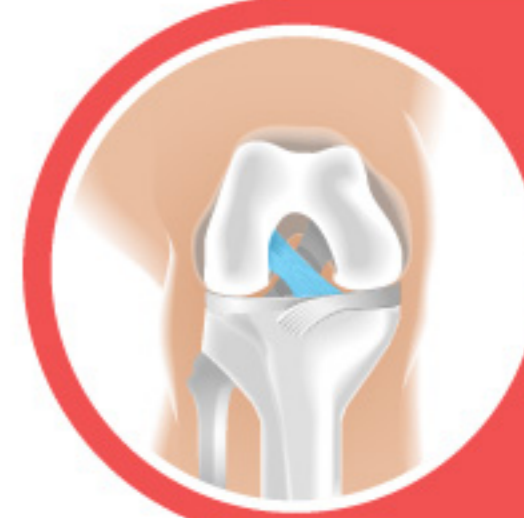
6+ months

The knee should have:

- ✓ normal position sense
- ✓ normal strength
- ✓ normal biomechanics

THE LIKELIHOOD FOR EARLY ONSET OSTEOARTHRITIS SHOULD BE REDUCED

NORMAL ACL



With

Regenexx®

FASTER THAN SURGERY

The Regenexx® Procedures are the nation's most advanced non-surgical stem cell and blood platelet treatments for common injuries and degenerative joint conditions, such as osteoarthritis and avascular necrosis.

These patented stem cell procedures utilize a patient's own stem cells or blood platelets to help heal damaged tissues, tendons, ligaments, cartilage, spinal disc, or bone.