

## **After Your Stem Cell Injection Procedure (Knee and Hip)**

### ACTIVITY

In order to achieve the best results with your stem cell injection procedure, we suggest the timeline below as a guide. Of course, everyone's recovery and progress is different and we'll be happy to answer questions about your activity levels as you improve and strengthen.

Week 1: For the first 3-5 days, minimal weight bearing is recommended. If you typically use a walker or a cane, plan on using this if you go to the store or have to stand for a long period. This helps unweight the knee joints for the first few days. Avoid impact activities such as running, tennis, zumba, hiking, etc.

Week 2-6: Avoid impact activities such as running, tennis, zumba, hiking, etc. for the first 6 weeks. Light to moderate walking and low impact activities like bike riding or elliptical are good during this time period.

Week 7-12: You can begin incorporating more vigorous activity during this time period such as jogging and light sports. We anticipate your joint will be feeling better than it has in years at this point, but be careful not to overdo it.

Week 13 and after: At this point, after consultation with the doctor regarding your progress, you may resume more aggressive activities such as tennis, soccer, skiing, and other high impact sports. You have achieved a high level of healing at this point, and you're going to want to be more active than you have been in years. Enjoy!



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### MEDICATIONS

Avoid anti-inflammatory medications such as ibuprofen, Aleve, Motrin, Celebrex, and other NSAIDs for 2-4 weeks after your procedure if possible. Take Tylenol or aspirin for pain if needed.

If possible, avoid the use of any steroid drugs including steroid asthma inhalers or other oral steroids for three months after your procedure.

Avoid steroid injections into the joint for six months after your procedure. Steroid injections are especially damaging to cartilage. Of course, we don't expect you to need one, as you are going to be feeling great as your new cartilage grows and your pain subsides!

### OTHER

When showering or bathing, cover the bone marrow harvest site with tightly sealed plastic for the first 3 days after your procedure.

Keep the harvest site tightly wrapped for the first 3-7 days in order to keep any swelling down and reduce pain.

Icing and elevating the joint will help with any pain. **DO NOT USE HEAT**—Heat will cause further inflammation and pain.

**Call 248-918-2875 with any other questions related to your procedure. We are happy to answer any questions you have about the healing process!**