

Knee Rehab after Regenexx isolated meniscal procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Minimal Protection, ROM, light resistance training Week 0-4	<p>Unloader brace may or may not be recommended by MD for 2-6 wks.</p> <p>Avoid any activity that cause more than minimal pain 2/10 during or after.</p> <p>Avoid deep squats or lunges, walking or jogging for exercise.</p>	<p>If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 1 month.</p> <p>Isometric quad sets</p> <p>Straight leg raises</p> <p>Stationary bike, low resistance if pain free</p>	<p>At least 2 weeks</p> <p>Normal gait</p> <p>Able to perform exercises with no more than minimal 2/10 pain.</p>
Phase II: Advanced Resistance training, Strengthening Week 4-7	<p>Avoid weighted deep squats or lunges. Avoid twisting in squat position.</p> <p>Avoid any activity that cause more than minimal pain 2/10 during or after.</p>	<p>Continue pool therapy</p> <p>Biking</p> <p>Closed chain resistance exercises,</p> <p>Start with ¼ squats then can progress to non-weighted full squats if not painful.</p> <p>Walking or jogging for exercise if pain free</p>	<p>Can walk or jog for exercise with no more than minimal 2/10 pain.</p>
Phase III: Return to activity Week 8-12	<p>Avoid any activity that cause more than minimal pain 2/10 during or after.</p>	<p>Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, and postural restoration.</p>	