

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