

Achilles Tendonitis, Mild

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-3: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization
- Days 3-21: Manual/Standing work: Standing no more than 50 min/hr; walking on smooth surfaces for up to 1200ft/hr (900 ft/hr if uneven surface) carrying up to 25lbs; climbing stairs up to 8 flights/hr carrying up to 40 lbs; climbing ladders up to 50 rungs/hr carrying up to 25 lbs; activities requiring balance up to 45min/hr; pedaling/squatting/kneeling up to 60 times/hr.

Exercise Recommendations (Day 1-21)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; cycling, swimming, water exercise, upper body ergometer; avoid any jumping/bouncing activities; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; Address all major muscle groups. Prefer machine-based seated exercises for lower body.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds; ensure calf and soleus stretches are accomplished;
- Basic Rehabilitation: on hard surface, barefoot, one foot knee bends, heel lifts, heel/toe rocks; right/left 30 seconds each, repeat

If pain persists beyond day 21, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273)

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273)

Achilles Tendonitis, Severe (casting)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-13: Non-weight bearing
- Days 14-41: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no uneven surfaces; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing
- Days 41-56: Manual/Standing work: Standing no more than 50 min/hr; walking on smooth surfaces for up to 1200ft/hr (900 ft/hr if uneven surface) carrying up to 25lbs; climbing stairs up to 8 flights/hr carrying up to 40 lbs; climbing ladders up to 50 rungs/hr carrying up to 25 lbs; activities requiring balance up to 45min/hr; pedaling/squatting/kneeling up to 60 times/hr.

Exercise Recommendations:

Schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Ankle Sprain, Mild

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations and Exercise Recommendations

1 Day: Activities to be increased as tolerated

Ankle Sprain, Severe

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8 flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; cycling, swimming, water exercise, upper body ergometer; avoid any jumping/bouncing activities; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; address all major muscle groups. Use lighter weights for lower body exercises that are weight-bearing
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds
- Basic Rehabilitation: Work on range of motion in seated position moving ankle through the letters of the alphabet. Practice standing on one foot on a hard surface, starting with 10-15 seconds and gradually progressing to one minute.

May schedule individual appointment with Exercise Physiologist (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Asthma Controlled

Fitness Testing Recommendations: 1.5 Mile Run: Y 2K Walk: Y Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- No physical limitations expected
- Carry relief medications
- Discuss with supervisor & family potential trigger situations

Exercise Recommendations

- Make appointment with Exercise Physiologist for specialized exercise program (524-2273)

Asthma, Initial/uncontrolled – mild/moderate (for period until controlled; if unable to control then MEB)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations/Warnings

- Can be active in Moderate Activities (6 METs) as tolerated such as walking at a moderate/brisk pace (3-4.5 mph) on level surface carrying less than 50 lbs, walking up stairs carrying less than 25 lbs, pushing or pulling objects less than 75 lbs, bicycling 5-9 mph, light and moderate calisthenics, moderate custodial activities, or driving heavy vehicles.
- Carry relief medications
- Discuss with supervisor & family potential trigger situations

Exercise Recommendations

- Make appointment with Exercise Physiologist for specialized exercise program (524-2273)

Asthma, Initial/uncontrolled – Severe (for period until controlled; if unable to control then MEB)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Can be active in Light Activities (3 METs) as tolerated such as casual walking (2.5 mph) carrying up to 15lbs on level ground or downstairs, mild stretching, administrative and other sedentary work (standing or sitting), driving a vehicle, light custodial/cleaning work and most basic home activities.
- Carry relief medications
- Discuss with supervisor & family potential trigger situations

Exercise Recommendations

- Make appointment with Exercise Physiologist for specialized exercise program (524-2273)

Cervicalgia

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Day 1-9: No lifting over shoulder; lifting to shoulder no more than 5 lbs up to 2 times/hr; standing or walking with a 5 min break every 20 minutes; sitting with a 5 minute break every 30 minutes; no extremes of motion (twisting, flexing, extending, lateral bending); no climbing ladders; driving cars up to 2hrs/day
- Days 10-21: Lifting to or over shoulders up to 25 lbs not more than 15 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 minute break ever 1-2 hrs; limit extremes of motion (flexion, extension, twisting, lateral bending) up to 16 times/hr; limit climbing ladders up to 40 rungs 8 times/hr; limit driving a truck up to 4hrs/day

Exercise Recommendations (Days 1-9)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 10-20 minutes; walking, recumbent cycling, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; address all major muscle groups
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups

Exercise Recommendations (Days 10-21)

- Aerobic: 3-5 days/week; 65-85% HR max (220-age); 20-30 minutes; recumbent cycling, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; address all major muscle groups
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups

If repeat diagnosis, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Discectomy – Cervical (28 day con lv before starting profile)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-28: Clerical or modified work: No lifting over shoulder; lifting to level of shoulder not more than 5lbs up to 2times/hr; standing or walking with 5 minute break at least every 20 min; sitting with a 5 minute break every 30 minutes; no extremes of motion including extension or flexion; no extremes of twisting or lateral rotation; no climbing ladders; driving car only up to 2 hrs/day
- Days 29-98: Manual work: Lifting over shoulder not more than 25lbs up to 15 times/hr; lifting to level of shoulder up to 30 lbs not more than 15 times/hr; standing or walking with 10 min break at least every 1-2 hours; extremes of flexion, extension or twisting up to 16 times/hr; climbing ladders allowed up to 40 rungs 8 times/hr; driving a car or light truck a full day; driving a heavy vehicle up to 4hr/day.
- Days 99 plus: increase other activities as tolerable

Exercise Recommendations

- Aerobic: 5-7 days/week; Fairly Light intensity (RPE 9); 10-30 minutes; walking, stationary recumbent cycling
- Make appointment with Exercise Physiologist (524-2273) within 30-45 days if not actively enrolled in Physical Therapy

Discectomy – Lumbar/Thoracic (28 day con lv before starting profile)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-27: Clerical or modified work: Lifting with knees (with straight back) no more than 5 lbs up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5min break every 20min; sitting with a 5 min break every 30 min; no extremes of ext or flex; no extremes of twisting; driving car up to 2hrs/day
- Days 28-98: Manual work: Lifting with knees (with straight back) no more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2 hrs; extreme flex or ext up to 12 times/hr; extremes of twisting up to 16 times/hr; driving car or light truck full day; driving heavy truck up to 4hrs/day
- Beyond 98 Days: Heavy manual work: Greater work as tolerated. No work with lifting greater than 100lbs indefinitely

Exercise Recommendations (Days 1-27):

- Aerobic: 4-5 days/week; 65-75% HR max (220-age); 20-40 minutes; walking, recumbent bicycling, swimming
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises. Avoid any flexion exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

Exercise Recommendations (Days 28-98):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, swimming
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises. Avoid any flexion exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

Epicondylitis, Surgery on Dominate Arm

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-20: Limited use for ranging affected limb only
- Days 21-41: Modified work: Repetitive motion activities not more than 4 times/hr; lifting or carrying up to 3 lbs not more than 4 times/hr; pulling or pushing up to 5 lbs 3 times/hr; gripping light tools (pens, scissors) with 5 minute break every 20 min; limit repetitive typing up to 15 keystrokes/min not more than 2 hrs/day; driving up to 2hr/day; no full extension activities; no climbing ladders.
- Days 41-84: Manual work: Repetitive motion activities not more than 8 times/hr; lifting or carrying up to 20 lbs not more than 15 times/hr; pulling or pushing up to 40 lbs 15 times/hr; gripping as tolerated; driving up to 6hr/day full extension activities up to 12 times/hr with up to 10 lbs; climbing ladders up to 50 rungs/hr.

Exercise Recommendations:

Schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Epicondylitis, No surgery

Fitness Testing Recommendations: 1.5 Mile Run: Y 2K Walk: N Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations:

- Days 1-6: Modified work: Repetitive motion activities not more than 4 times/hr; lifting or carrying up to 3 lbs not more than 4 times/hr; pulling or pushing up to 5 lbs 3 times/hr; gripping using light tools (pens, scissors, etc) with 5 min break every 20 min; limit keying up to 15 keystrokes/min not more than 2hrs/day; driving up to 2hr/day; no full extension activities; possible immobilization with splint or cast; no climbing ladders.
- Days 7-42: Manual work: Repetitive motion activities not more than 8 times/hr; lifting or carrying up to 20 lbs not more than 15 times/hr; pulling or pushing up to 40 lbs 15 times/hr; gripping as tolerated; driving up to 6hr/day; full extension activities up to 12 times/hr with up to 10 lbs; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-42)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; recumbent cycling, walking, jogging, elliptical machine (limited arm motion), swimming/water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights, but may do very light upper body weights. Ensure pain-free range of motion. Address all major muscle groups.

- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups;
- Basic Rehabilitation Wrist flexion/extension with arm extended forward holding 30 seconds each position; repeat 5-10 times; upon decrease/cease of inflammation/pain add wrist curls/reverse curls with 1-2 lb. 10-12x, repeat.

If pain persists beyond day 42, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273)

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273)

Epicondylitis, Syrgery on Non-dominate Arm

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-6: Limited use for ranging affected limb only
- Days 7-27: Modified work: Repetitive motion activities not more than 4 times/hr; lifting or carrying up to 3 lbs not more than 4 times/hr; pulling or pushing up to 5 lbs 3 times/hr; gripping light tools (pens, scissors) with 5 minute break every 20 min; limit repetitive typing up to 15 keystrokes/min not more than 2 hrs/day; driving up to 2hr/day; no full extension activities; no climbing ladders.
- Days 28-70: Manual work: Repetitive motion activities not more than 8 times/hr; lifting or carrying up to 20 lbs not more than 15 times/hr; pulling or pushing up to 40 lbs 15 times/hr; gripping as tolerated; driving up to 6hr/day full extension activities up to 12 times/hr with up to 10 lbs; climbing ladders up to 50 rungs/hr.

Exercise Recommendations:

Schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Fusion – Cervical, Anterior (28 day con lv before starting profile)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-49: Clerical or modified work: No lifting over shoulder; lifting to level of shoulder not more than 5lbs up to 2times/hr; standing or walking with 5 minute break at least every 20 min; sitting with a 5 minute break every 30 minutes; no extremes of motion including extension or flexion; no extremes of twisting or lateral rotation; no climbing ladders; driving car only up to 2 hrs/day
- Days 49-79: Manual work: Lifting over shoulder not more than 25lbs up to 15 times/hr; lifting to level of shoulder up to 30 lbs not more than 15 times/hr; standing or walking with 10 min break at least every 1-2 hours; extremes of flexion, extension or twisting up to 16 times/hr; climbing ladders allowed up to 40 rungs 8 times/hr; driving a car or light truck a full day; driving a heavy vehicle up to 4hr/day.
- Limit any heavy manual work activities

Exercise Recommendations

- Aerobic: 5-7 days/week; Fairly Light intensity (RPE 9); 10-30 minutes; walking, stationary recumbent cycling
- Make appointment with Exercise Physiologist (524-2273) within 30-45 days if not actively enrolled in Physical Therapy

Fusion – Cervical, Posterior (35 day con lv before starting profile)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-55: Clerical or modified work: No lifting over shoulder; lifting to level of shoulder not more than 5lbs up to 2times/hr; standing or walking with 5 minute break at least every 20 min; sitting with a 5 minute break every 30 minutes; no extremes of motion including extension or flexion; no extremes of twisting or lateral rotation; no climbing ladders; driving car only up to 2 hrs/day
- Days 55-85: Manual work: Lifting over shoulder not more than 25lbs up to 15 times/hr; lifting to level of shoulder up to 30 lbs not more than 15 times/hr; standing or walking with 10 min break at least every 1-2 hours; extremes of flexion, extension or twisting up to 16 times/hr; climbing ladders allowed up to 40 rungs 8 times/hr; driving a car or light truck a full day; driving a heavy vehicle up to 4hr/day.
- Limit any heavy manual work activities

Exercise Recommendations

- Aerobic: 5-7 days/week; Fairly Light intensity (RPE 9); 10-30 minutes; walking, stationary recumbent cycling
- Make appointment with Exercise Physiologist (524-2273) within 30-45 days if not actively enrolled in Physical Therapy

Fusion – Lumbar/Thoracic (56 day con lv before starting profile)

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-84: Clerical or modified work: Lifting with knees (with straight back) no more than 5 lbs up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5min break every 20min; sitting with a 5 min break every 30 min; no extremes of ext or flex; no extremes of twisting; driving car up to 2hrs/day

- Days 85-115: Manual Work: Lifting with knees (with straight back) no more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2 hrs; extreme flex or ext up to 12 times/hr; extremes of twisting up to 16 times/hr; driving car or light truck full day; driving heavy truck up to 4hrs/day

- Limit any heavy manual work activities

Exercise Recommendations

- Aerobic: 5-7 days/week; Intensity Fairly Light (RPE 9); 10-30 minutes; walking only
- Make appointment with Exercise Physiologist (524-2273) within 30-45 days to discuss progression of program.

Hip Strain, Mild

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-6: Clerical/Modified: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing;
- Day 7-14: Manual work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-6):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes on arm bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: ranging affected body part

Exercise Recommendations (Day 7-14):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, stairclimbing, upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: utilize exercise bands around ankles, lying on side for upper leg lift and lower leg lift; front planks with toe taps R/L 10x each; side planks with leg lifts R/L 10x each; hip bridges with a leg lift, holding 5-10 seconds each side, repeat 5-10 times

Hip Strain, Moderate

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-5: Non-weight bearing
- Days 6-21: Clerical/Modified: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing;
- Days 22-35: Manual work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Days 1-21):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes on arm bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: ranging affected body part

Exercise Recommendations (Days 22-35):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, stairclimbing, upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: utilize exercise bands around ankles, lying on side for upper leg lift and lower leg lift; front planks with toe taps R/L 10x each; side planks with leg lifts R/L 10x each; hip bridges with a leg lift, holding 5-10 seconds each side, repeat 5-10 times

Hip Strain, Severe

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-9: Non-weight bearing
- Days 10-34: Clerical/Modified: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing;
- Days 35-56: Manual work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Days 1-56):

Individual appointment with Exercise Physiologist (524-2273).

If BMI 30, additional appointment with Registered Dietitian (524-2273).

Knee Effusion

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-11: Clerical/Modified: Standing limited to 5-10 min/hr; walking only on a smooth surface using crutches with limited pressure on the foot; no walking on irregular surface; no climbing stairs; no climbing ladders or hill climbing requiring frequent knee flexion; no activities requiring balance; no activities applying strength against bent knee (pedaling, squatting, kneeling); elevated leg half of time; may need immobilization; limited weight bearing.
- Days 12-28: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Days 1-11):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes on Arm Bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Range affected body part

Exercise Recommendations (Days 12-28):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, stairmaster, upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: utilize exercise bands around ankles for light leg lifts, leg curl exercises; utilize exercise bands around knees for side steps; hip bridges with a leg lift, holding 5-10 seconds each side, repeat 5-10 times

If pain persists 28 days, recommend individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Knee Pain, Chronic

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Minimize the following and related activities to only emergent situations or very short non-repetitive periods: Sprinting, jumping, PLFs
- Complete the following and related activities as tolerated: Running, rucking, squatting, kneeling, pedaling, climbing/descending stairs or ladders

Exercise Recommendations:

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: utilize exercise bands around ankles for light leg lifts, leg curl exercises; utilize exercise bands around knees for side steps; hip bridges with a leg lift, holding 5-10 seconds each side, repeat 5-10 times

Recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273)

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273)

Knee Pain, Meniscus (no surgery)

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Day 1: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 2-7: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.
- Day 8-21 increasing activities as tolerate

Exercise Recommendations (Day 1-21):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: maintain range of motion activities; utilize exercise bands around ankles for light leg lifts, leg curl exercises; utilize exercise bands around knees for side steps

If pain persists 21 days, recommend individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Knee Sprain, Mild

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Day 1-13: Sedentary/Modified: Standing limited to 5-10 min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 14-21: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-13):

- Aerobic 4-5 days/week 65-75% HR max (220-age); 20-40 minutes on arm bike; Ranging of the affected body part
- Strength: 2-3 days/week; 2-3 sets, 15-20 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: maintain range of motion activities

Exercise Recommendations (Day 14-21):

- Aerobic: 4-5 days/week; 65-75% HR max (220-age); 20-40 minutes; bicycling, elliptical, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 15-20 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: maintain range of motion activities

Knee Pain, Moderate

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-5: Non weight bearing; leg elevated as often as possible; mobilization.
- Days 6-13: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization;
- Day 14-21: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-5):

- Aerobic: 4-5 days/week; 65-75% HR max (220-age); 20-40 minutes; arm bike
- Strength: 2-3 days/week; 2-3 sets, 15-20 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all upper body major muscle groups.
- Basic Rehabilitation: maintain range of motion activities; utilize exercise bands for light leg lifts, leg curl exercises

Exercise Recommendations (Day 6-13):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; swimming (deep water running, upper body pull, flutter kick only), upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 15-20 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all upper body major muscle groups.
- Basic Rehabilitation: maintain range of motion activities; utilize exercise bands for light leg lifts, leg curl exercises

Exercise Recommendations (Day 14-21):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, stairclimbing, upper body ergometer; apply ice for approx. 20 minutes after activity

- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

Recommend to schedule individual appointment with Exercise Physiologist after day 21 for gait analysis and exercise prescription (524-2273).
If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Knee Sprain, Severe (tear)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Day 1-13: Non weight bearing; leg elevated as often as possible; immobilization
- Day 14-40: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 41-60: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations:

Individual appointment with Exercise Physiologist (524-2273).
If BMI 30, additional appointment with Registered Dietitian.

Laminectomy, Cervical (28 day con lv before starting profile)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-35: Clerical or modified work: No lifting over shoulder; lifting to level of shoulder not more than 5lbs up to 2times/hr; standing or walking with 5 minute break at least every 20 min; sitting with a 5 minute break every 30 minutes; no extremes of motion including extension or flexion; no extremes of twisting or lateral rotation; no climbing ladders; driving car only up to 2 hrs/day
- Days 36-77: Manual work: Lifting over shoulder not more than 25lbs up to 15 times/hr; lifting to level of shoulder up to 30 lbs not more than 15 times/hr; standing or walking with 10 min break at least every 1-2 hours; extremes of flexion, extension or twisting up to 16 times/hr; climbing ladders allowed up to 40 rungs 8 times/hr; driving a car or light truck a full day; driving a heavy vehicle up to 4hr/day.
- Days 78 plus: increase other activities as tolerable

Exercise Recommendations

- Aerobic: 5-7 days/week; Fairly Light intensity (RPE 9); 10-30 minutes; walking, stationary recumbent cycling
- Make appointment with Exercise Physiologist (524-2273) within 30-45 days if not actively enrolled in Physical Therapy

Laminectomy, Lumbar/Thoracic (28 day con lv before starting profile)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-42: Clerical or modified work: Lifting with knees (with straight back) no more than 5 lbs up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5min break every 20min; sitting with a 5 min break every 30 min; no extremes of ext or flex; no extremes of twisting; driving car up to 2hrs/day
- Days 43-77: Manual Work: Lifting with knees (with straight back) no more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2 hrs; extreme flex or ext up to 12 times/hr; extremes of twisting up to 16 times/hr; driving car or light truck full day; driving heavy truck up to 4hrs/day
- Day Beyond 77: Heavy manual work: Greater work as tolerated. No work with lifting greater than 100lbs indefinitely

Exercise Recommendations (Days 1-42):

- Aerobic: 4-5 days/week; 65-75% HR max (220-age); 20-40 minutes; walking, recumbent bicycling, swimming
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises. Avoid any flexion exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

Exercise Recommendations (Days 43-77):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, swimming
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

Lumbago, Mild/no radicular/no sciatica

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-6: Clerical or modified work: Lifting with knees (with straight back) no more than 5 lbs up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5min break every 20min; sitting with a 5 min break every 30 min; no extremes of ext or flex; no extremes of twisting; driving car up to 2hrs/day
- Days 7-10: manual work: Lifting with knees (with straight back) no more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2 hrs; extreme flex or ext up to 12 times/hr; extremes of twisting up to 16 times/hr; driving car or light truck full day; driving heavy truck up to 4hrs/day

Exercise Recommendations (Day 1-10):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent bicycling, elliptical, swimming, upper body ergometer
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Bird Dog exercise hold 5 seconds, switch sides 5x each side; Superman exercise hold 5 seconds, repeat 10x

Lumbago, mild/no radicular/with sciatica

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-10: Clerical or modified work: Lifting with knees (with straight back) no more than 5 lbs up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5min break every 20min; sitting with a 5 min break every 30 min; no extremes of ext or flex; no extremes of twisting; driving car up to 2hrs/day
- Days 11-15: manual work: Lifting with knees (with straight back) no more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2 hrs; extreme flex or ext up to 12 times/hr; extremes of twisting up to 16 times/hr; driving car or light truck full day; driving heavy truck up to 4hrs/day

Exercise Recommendations (Day 1-15):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent bicycling, elliptical, swimming, upper body ergometer
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Bird Dog exercise hold 5 seconds, switch sides 5x each side; Superman exercise hold 5 seconds, repeat 10x

Lumbago, Severe

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-13: Clerical or modified work: Lifting with knees (with straight back) no more than 5 lbs up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5min break every 20min; sitting with a 5 min break every 30 min; no extremes of ext or flex; no extremes of twisting; driving car up to 2hrs/day
- Days 14-35: manual work: Lifting with knees (with straight back) no more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2 hrs; extreme flex or ext up to 12 times/hr; extremes of twisting up to 16 times/hr; driving car or light truck full day; driving heavy truck up to 4hrs/day

Exercise Recommendations:

- Schedule individual appointment with Exercise Physiologist (524-2273).
- If BMI 30, additional appointment with Registered Dietitian (524-2273).

Lumbago, with radicular sxn or HNP

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-27: Clerical or modified work: Lifting with knees (with straight back) no more than 5 lbs up to 3 times/hr; squatting up to 4 times/hr; standing or walking with a 5min break every 20min; sitting with a 5 min break every 30 min; no extremes of ext or flex; no extremes of twisting; driving car up to 2hrs/day
- Days 28-84: Manual Work: Lifting with knees (with straight back) no more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2 hrs; extreme flex or ext up to 12 times/hr; extremes of twisting up to 16 times/hr; driving car or light truck full day; driving heavy truck up to 4hrs/day

Exercise Recommendations:

- Schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).
- If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Patellofemoral Syndrome (no surgery)

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-9: Clerical/Modified: Standing limited to 5-10 min/hr; walking only on a smooth surface using crutches with limited pressure on the foot; no walking on irregular surface; no climbing stairs; no climbing ladders or hill climbing requiring frequent knee flexion; no activities requiring balance; no activities applying strength against bent knee (pedaling, squatting, kneeling); elevated leg half of time; may need immobilization; limited weight bearing.
- Days 10-21: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-9):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes on Arm bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Ranging of the affected body part

Exercise Recommendations (Day 10-21):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, stairmaster, upper body ergometer; avoid any jumping/bouncing exercises; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises. Limit any squats or lunge activities, as well as heavy weight-bearing lower body strength exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: utilize exercise bands around ankles for light leg lifts, leg curl exercises; utilize exercise bands around knees for side steps; hip bridges with a leg lift, holding 5-10 seconds each side, repeat 5-10 times.

If pain persists 21 days, recommend individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Plantar fasciitis, No Surgery

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-4: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization
- Days 5-21: Manual/Standing work: Standing no more than 50 min/hr; walking on smooth surfaces for up to 1200ft/hr (900 ft/hr if uneven surface) carrying up to 25lbs; climbing stairs up to 8 flights/hr carrying up to 40 lbs; climbing ladders up to 50 rungs/hr carrying up to 25 lbs; activities requiring balance up to 45min/hr; pedaling/squatting/kneeling up to 60 times/hr.

Exercise Recommendations (Days 1-21):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; cycling, swimming, water exercise, upper body ergometer; avoid any jumping/bouncing activities; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; address all major muscle groups. Use lighter weights for lower body exercises that are weight-bearing
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds; extra attention should be given for calf and soleus stretches
- Basic Rehabilitation: Recommend self-massage with a golf ball on the bottom of the foot for approx. 10 minutes daily, followed by 10 minutes of ice.

If pain persists beyond day 21, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Plantar Fasciitis, s/p surgery

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-20: Non-weight bearing
- Days 21-34: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization
- Days 35-84: Manual/Standing work: Standing no more than 50 min/hr; walking on smooth surfaces for up to 1200ft/hr (900 ft/hr if uneven surface) carrying up to 25lbs; climbing stairs up to 8 flights/hr carrying up to 40 lbs; climbing ladders up to 50 rungs/hr carrying up to 25 lbs; activities requiring balance up to 45min/hr; pedaling/squatting/kneeling up to 60 times/hr.

Exercise Recommendations:

Schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Rotator Cuff Impingement, No tear

Fitness Testing Recommendations: 1.5 Mile Run: Y 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-6: Limit shoulder movement except for non-weight bearing ranging
- Days 7-27: Modified work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Days 28-42: Manual work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-6)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, walking, stairmaster, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups;
- Basic Rehabilitation: Range affected body part

Exercise Recommendations (Days 7-27)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, stairmaster, walking, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; lower body weights- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

Exercise Recommendations (Days 28-42)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, stairmaster, walking, elliptical machine (limited arm motion), swimming/water exercise,
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; Address all major muscle groups. Exercise caution with upper body lifting, and progress gradually ensuring pain-free range of motion
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

If pain persists beyond day 42, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Shin Splints (Tibial Tendonitis)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-3: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no uneven surfaces; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing
- Days 4-21: Manual/Standing work: Standing no more than 50 min/hr; walking on smooth surfaces for up to 1200ft/hr (900 ft/hr if uneven surface) carrying up to 25lbs; climbing stairs up to 8 flights/hr carrying up to 40 lbs; climbing ladders up to 50 rungs/hr carrying up to 25 lbs; activities requiring balance up to 45min/hr; pedaling/squatting/kneeling up to 60 times/hr.

Exercise Recommendations (Day 1-21)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; elliptical, cycling, swimming, water exercise, upper body ergometer; avoid any jumping/bouncing activities; apply ice for approx. 20 minutes after activity.
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; address all major muscle groups. Machine-based seated exercises for lower body.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds
- Basic Rehabilitation: Using exercise bands, work on flexion and extension with resistance; In seated position, write the alphabet A-Z in capital letters with bands as resistance; Ice after exercises

If pain persists beyond day 21, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Shoulder Bursitis, No Surgery

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-6: Modified work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Days 7-21: Manual work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-6)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, walking, stairmaster, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups;

- Basic Rehabilitation: Range affected body part

Exercise Recommendations (Days 7-21)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, walking, stairmaster, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights, but may do very light upper body weights. Address all major muscle groups
- Flexibility: static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

Shoulder Bursitis, s/p surgery

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-20: Limit shoulder movement except for non-weight bearing ranging
- Days 21-27: Modified work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Days 28-56: Manual work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations:

Schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

Thoracic Disc Degeneration/Pain

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-27: Clerical/Modified: Lifting with knees (straight back, no stooping) not more than 5lbs up to 3 times/hr; squatting 4 times/hr; standing or walking with a 5 min break every 20 minutes; sitting with a 5 minute break every 30 minutes; no extremes of motion (twisting, flexing, extending, lateral bending)
- Days 28-56: Manual: Lifting to or over shoulders up to 25 lbs not more than 15 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 minute break ever 1-2 hrs; limit extremes of motion (flexion, extension, twisting, lateral bending) up to 16 times/hr; limit climbing ladders up to 40 rungs 8 times/hr; limit driving a truck up to 4hrs/day

Exercise Recommendations (Days 1-56)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent cycling, swimming, water exercises
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; address all major muscle groups
- Flexibility: Static stretching post exercise, hold 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Bird Dog exercise hold 5 seconds, switch sides 5x each side; Superman exercise hold 5 seconds, repeat 10x

Beyond day 56, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Vasectomy (can consider first day as Qtrs vs Clerical)

Fitness Testing Recommendations:

1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations:

- Day 1: Clerical/Modified work: Lifting with knees (with a straight back, no stooping) not more than 5lbs up to 3/hr; squatting up to 4 times/hr; standing or walking with a 5 min break every 20 min; sitting with a 5 min break every 30 min; no extremes of flexion, extension, or twisting; no climbing ladders; driving a car 2hrs/day.
- Day 2-7: Manual: Lifting with knees (with straight back) not more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2hrs; sitting with a 10 min break every 1-2hrs; extremes of flexion, extension, or twisting 12 times/hr; climbing ladders 25 rungs 6 times/hr; driving a car or light truck ok, but heavy trucks up to 4hrs/day.

Exercise Recommendations

- Limit all aerobic activities to low/no impact activities during period.
- All other activities as tolerated within limitations

CHRONIC CONDITIONS/RESTRICTIONS or during workup protection after acute period

Ankle Sprain, Chronic

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Minimize the following and related activities to only emergent situations or very short non-repetitive periods: Sprinting, jumping, PLFs
- Complete the following and related activities as tolerated: Running, rucking, squatting, pedaling, climbing/descending stairs or ladders, forceful/loaded balance activities, long walks on unsteady/irregular surfaces, kicking

Exercise Recommendations:

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, bicycling, elliptical, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Work on range of motion in seated position moving ankle through the letters of the alphabet. Practice standing on one foot on a hard surface, starting with 10-15 seconds and gradually progressing to one minute.

Recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273)

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273)

Back Pain, Chronic

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Minimize the following and related activities to only emergent situations or very short non-repetitive periods: Sprinting, jumping, straight leg heavy lifting, PLFs
- Complete the following and related activities as tolerated: Running, rucking, stooping, squatting, extreme twisting at the waist (especially with lifting), driving 4 hrs without breaks

Exercise Recommendations:

Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer

Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.

Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

Basic Rehabilitation: Bird Dog exercise hold 5 seconds, switch sides 5x each side; Superman exercise hold 5 seconds, repeat 10x

Foot Pain, Chronic

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitation

- Minimize the following and related activities to only emergent situations or very short non-repetitive periods: Sprinting, jumping, PLFs
- Complete the following and related activities as tolerated: Running, rucking, squatting, pedaling, climbing/descending stairs or ladders, forceful/loaded balance activities, long walks on unsteady/irregular surfaces, kicking

Exercise Recommendations:

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, bicycling, elliptical, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity

- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.

- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

- Basic Rehabilitation: Work on range of motion in seated position moving ankle through the letters of the alphabet. Practice standing on one foot on a hard surface, starting with 10-15 seconds and gradually progressing to one minute. Utilize a golf ball to massage the bottom of the foot for 5-10 minutes, 3-4 days/week.

Recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273)

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273)

Hip Pain, Chronic

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Minimize the following and related activities to only emergent situations or very short non-repetitive periods: Sprinting, jumping, PLFs
- Complete the following and related activities as tolerated: Running, rucking, squatting, straight leg heavy lifting, driving 4hrs without breaks, pedaling

Exercise Recommendations:

Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, bicycling, elliptical, swimming, upper body ergometer

Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.

Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

Basic Rehabilitation: utilize exercise bands around ankles, lying on side for upper leg lift and lower leg lift; front planks with toe taps R/L 10x each; side planks with leg lifts R/L 10x each; hip bridges with a leg lift, holding 5-10 seconds each side, repeat 5-10 times

Recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273)

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273)

Meniscus Tear, No surgery (conservative therapy)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Day 1: Non-weight bearing activities
- Day 2-20: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 21-56: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1): Non-weight bearing; range limb; Upper body ergometer and exercises in seated position

Exercise Recommendations (Days 2-56)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: maintain range of motion activities; utilize exercise bands around ankles for light leg lifts, leg curl exercises; utilize exercise bands around knees for side steps

If pain persists beyond day 56, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Meniscus Tear, Scope Repair

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Day 1-13: Non-weight bearing, Immobilized at work; limited use for ranging affected limb only
- Day 14-41: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 42-63: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8 flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-13): Non-weight bearing; Upper body ergometer and exercises in seated position

Exercise Recommendations (Days 13-41)

- Aerobic: 4-5 days/week; 55-75% HR max (220-age); 20-30 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Maintain range of motion/practice walking heel to toe and single leg stand, 4-way leg lifts, wall press, heel slides, leg extension and curl exercises with bands

Exercise Recommendation (Days 42-63)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Step ups and downs, body weight squats, partial lunges; emphasize quad, hip and core strengthening

If pain persists beyond day 63, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Meniscus Tear, Open Repair

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Day 1-27: Non-weight bearing, Immobilized at work; limited use for ranging affected limb only
- Day 28-55: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 56-84: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-27): Non-weight bearing; Upper body ergometer and exercises in seated position

Exercise Recommendations (Days 28-55)

- Aerobic: 4-5 days/week; 55-75% HR max (220-age); 20-30 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Maintain range of motion/practice walking heel to toe and single leg stand, 4-way leg lifts, wall press, heel slides, leg extension and curl exercises with bands

Exercise Recommendation (Days 56-84)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Step ups and downs, body weight squats, partial lunges; emphasize quad, hip and core strengthening

If pain persists beyond day 84, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Costochondritis (Tietze's Dz)

Fitness Testing Recommendations: 1.5 Mile Run: Y 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

- Day 1-13: Sedentary/Admin work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Day 14-39: Manual Work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-49)

- Aerobic: 4-5 days/week; 65-75% HR max (220-age); 20-45 minutes; cleared for all modes
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; lower body machine based exercises; upper body machine based exercises only if no symptoms.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.

If BMI >30 or if body weight deemed a contributing factor, schedule individual appointment with Registered Dietitian (524-2273).

Bunionectomy

Fitness Testing Recommendations: 1.5 Mile Run: N 1 Mile Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-9: Non-weight bearing
- Days 10-41: Sedentary Work: Standing limited to 5-10 min/hr; walking only on a smooth surface using crutches with limited pressure on the foot; no walking on an irregular surface; no climbing stairs; no climbing ladders or hills requiring frequent knee flexion; no activities requiring balance; no applying pressure against a bent knee; elevate leg half of time; limited weight bearing
- Days 42-84: Standing not more than 50 min/hr; walking on smooth surface up to 1200 ft/hr carrying up to 25lbs; climbing stairs up to 8 flights/hr carrying up to 40lbs; climbing ladders up to 50 rungs/hr carrying up to 25lbs; activities requiring balance up to 45 min/hr; applying strength against bent knee up to 60 times/hr; may need brace for uneven ground or ladders.

Exercise Recommendations

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; upper body ergometer, swimming and water exercise if incision sites closed; avoid any jumping/bouncing activities; apply ice for approx. 20 minutes after activity if pain occurs.
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; Address all major muscle groups; machine-based exercises for hamstring, quadriceps and 4-way hip strengthening. No weight-bearing exercises, activities, or motion with affected toe until cleared by physical therapy.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds.

Upon release from physical therapy, if applicable, recommend to schedule individual appointment with Exercise Physiologist for conditioning exercise prescription (524-2273)

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273)

Ingrown Toenail, surgical removal

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

Days 1-10: Sedentary/modified work: standing, walking, pedaling, squatting, kneeling, climbing stairs, climbing ladders as tolerated

Exercise Recommendations:

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; recumbent cycling, swimming, water exercise, upper body ergometer; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; address all major muscle groups. Use lighter weights for lower body exercises that are weight-bearing
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds

Upon release from physician, recommend to schedule individual appointment with Exercise Physiologist for reconditioning exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Knee – MCL/LCL strain, mild

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Day 1-13: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization or brace; limited weight bearing.
- Day 14-42: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8 flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr; may need brace.

Exercise Recommendations (Days 1-13)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Utilize exercise bands around ankles for light leg extension and leg curl exercises; utilize exercise bands around knees for side steps

Exercise Recommendation (Days 14-42)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Progress to full range of motion with stretching and activities; body weight squats and stationary lunges; machine-based strengthening for leg extension and leg curl exercises.

If pain persists beyond day 42, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Knee – MCL/LCL strain, moderate

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-4: Non-weight bearing; ranging activities only
- Days 5-20: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization or brace; limited weight bearing.
- Day 21-56: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8 flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr; may need brace.

Exercise Recommendations (Days 1-4): Non-weight bearing; Upper body ergometer and exercises in seated position

Exercise Recommendations (Days 5-20)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Utilize exercise bands around ankles for light leg extension and leg curl exercises; utilize exercise bands around knees for side steps

Exercise Recommendation (Days 21-56)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Progress to full range of motion with stretching and activities; body weight squats and stationary lunges; machine-based strengthening for leg extension and leg curl exercises.

If pain persists beyond day 56, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Knee – MCL/LCL Tear

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-13: Non-weight bearing; ranging activities only
- Days 14-40: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization or brace; limited weight bearing.
- Day 41-84: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8 flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr; may need brace.

Exercise Recommendations (Days 1-13): Non-weight bearing; Upper body ergometer and exercises in seated position only

Exercise Recommendations (Days 14-40)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Utilize exercise bands around ankles for light leg extension and leg curl exercises; utilize exercise bands around knees for side steps

Exercise Recommendation (Days 41-84)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Progress to full range of motion with stretching and activities; body weight squats and stationary lunges; machine-based strengthening for leg extension and leg curl exercises.

If pain persists beyond day 84, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Knee – ACL/PCL strain, mild

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Day 1-13: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization or brace; limited weight bearing.
- Day 14-42: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr; may need brace.

Exercise Recommendation (Days 1-13)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Utilize exercise bands around ankles for light leg extension and leg curl exercises; utilize exercise bands around knees for side steps

Exercise Recommendation (Days 14-42)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Progress to full range of motion with stretching and activities; body weight squats and stationary lunges; machine-based strengthening for leg extension and leg curl exercises.

If pain persists beyond day 42, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Knee – ACL/PCL strain, moderate

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-4: Non-weight bearing; ranging activities only
- Days 5-24: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 25-84: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Days 1-4): Non-weight bearing; Upper body ergometer and exercises in seated position only

Exercise Recommendations (Days 5-24)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Utilize exercise bands around ankles for light leg extension and leg curl exercises; utilize exercise bands around knees for side steps

Exercise Recommendation (Days 26-84)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities

- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Progress to full range of motion with stretching and activities; body weight squats and stationary lunges; machine-based strengthening for leg extension and leg curl exercises.

If pain persists beyond day 84, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Knee – ACL/PCL Tear w/ Surgical repair

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-34: Non-weight bearing; ranging activities only
- Days 35-179: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization; limited weight bearing.
- Day 180-255: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8 flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Days 1-34): Non-weight bearing; Upper body ergometer and exercises in seated position only

Exercise Recommendations (Days 35-179)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; bicycling, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Utilize exercise bands around ankles for light leg extension and leg curl exercises; utilize exercise bands around knees for side steps

Exercise Recommendation (Days 180-255)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, stairmaster, swimming, upper body ergometer; apply ice for approx. 20 minutes after activity; avoid any jumping/bouncing activities
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based, seated exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: Progress to full range of motion with stretching and activities; body weight squats and stationary lunges; machine-based strengthening for leg extension and leg curl exercises.

If pain persists beyond day 255, recommend to schedule individual appointment with Exercise Physiologist for gait analysis and exercise prescription (524-2273).

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273).

Rotator Cuff Repair, Scope (Dom Arm)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-27: Limit shoulder movement except for non-weight bearing ranging
- Days 27-69: Clerical/Modified work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Days 70-126: Manual work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-27)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, walking, stairmaster, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; lower body weights
- Flexibility: static stretching post exercise, hold 30-60 seconds for all major muscle groups;
- Basic Rehabilitation: Range of motion as advised by physician of affected body part

Exercise Recommendations (Days 27-69)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, stairmaster, walking, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

Exercise Recommendations (Days 70-126)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, stairmaster, walking, elliptical machine (limited arm motion), swimming/water exercise,
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; Address all major muscle groups. Exercise caution with upper body lifting, and progress gradually ensuring pain-free range of motion
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

If pain persists beyond day 126, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Rotator Cuff Repair, Scope (Non-Dom Arm)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-27: Limit shoulder movement except for non-weight bearing ranging
- Days 28-55: Clerical/Modified work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Days 56-98: Manual work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-27)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, walking, stairmaster, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; lower body weights
- Flexibility: static stretching post exercise, hold 30-60 seconds for all major muscle groups;
- Basic Rehabilitation: Range of motion as advised by physician of affected body part

Exercise Recommendations (Days 28-55)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, stairmaster, walking, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

Exercise Recommendations (Days 56-98)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, stairmaster, walking, elliptical machine (limited arm motion), swimming/water exercise,
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; Address all major muscle groups. Exercise caution with upper body lifting, and progress gradually ensuring pain-free range of motion
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

If pain persists beyond day 98, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Rotator Cuff Repair, Open Surgery (Non-Dom Arm)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-41: Limit shoulder movement except for non-weight bearing ranging
- Days 42-69: Clerical/Modified work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Days 70-126: Manual work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-41)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, walking, stairmaster, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; lower body weights
- Flexibility: static stretching post exercise, hold 30-60 seconds for all major muscle groups;
- Basic Rehabilitation: Range of motion as advised by physician of affected body part

Exercise Recommendations (Days 42-69)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, stairmaster, walking, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

Exercise Recommendations (Days 70-126)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, stairmaster, walking, elliptical machine (limited arm motion), swimming/water exercise,
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; Address all major muscle groups. Exercise caution with upper body lifting, and progress gradually ensuring pain-free range of motion
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

If pain persists beyond day 126, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Rotator Cuff Repair, Open Surgery (Dom Arm)

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-56: Limit shoulder movement except for non-weight bearing ranging
- Days 57-105: Clerical/Modified work: No overhead work or out to 90 degrees (forward or sideways); pushing or pulling not more than 8 lbs up to 4 times/hr; lifting or carrying up to 5 lbs 3 times/hr; no climbing ladders.
- Days 106-180: Manual work: Reaching above shoulder not more than 12 times/hr with up to 15 lbs; reaching to shoulder up to 12 times/hr with 25 lbs; holding arm out from body (forward or to the side) up to 12 times/hr with 15lbs; pulling or pushing up 60lbs 20 times/hr; lifting and carrying up to 40 lbs 15 times/hr; climbing ladders up to 50 rungs/hr.

Exercise Recommendations (Days 1-56)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, walking, stairmaster, water exercise
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; lower body weights
- Flexibility: static stretching post exercise, hold 30-60 seconds for all major muscle groups;
- Basic Rehabilitation: Range of motion as advised by physician of affected body part

Exercise Recommendations (Days 57-105)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; cycling, stairmaster, walking, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; primarily lower body weights
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

Exercise Recommendations (Days 106-180)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-40 minutes; running, cycling, stairmaster, walking, elliptical machine (limited arm motion), swimming/water exercise,
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions, light to moderate weight; Address all major muscle groups. Exercise caution with upper body lifting, and progress gradually ensuring pain-free range of motion
- Flexibility static stretching post exercise, hold 30-60 seconds for all major muscle groups; ensure shoulder circles, and shoulder/deltoid stretches are accomplished
- Basic Rehabilitation: with theraband, tie to door knob, and do external rotation 10-12x Right/Left, repeat 2x

If pain persists beyond day 180, recommend to schedule individual appointment with Exercise Physiologist for exercise prescription (524-2273).

If BMI 30, schedule individual appointment with Registered Dietitian (524-2273).

Carpal Tunnel (if work related)

Fitness Testing Recommendations: 1.5 Mile Run: Y 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

Days 1-27: Repetitive motion activities (with or without splint) not more than 4 times/hr; repetitive keying up to 15 keystrokes/min not more than 2 hrs/day; gripping and using light tools (pens, scissors...)with 5 min break every 20 min; no pinching; driving car up to 2hrs/day; light work up to 5lbs 3 ties/hr; avoid prolonged periods in wrist flexion or extension.

Days 28-35: Repetitive motion activities not more than 25min/hr; repetitive keying up to 45 keystrokes/min 8hrs/day; gripping and using moderate tools (pliers, screwdriver...)fulltime; pinching up to 5times/min; driving care or light truck up to 6hrs/day; moderate to heavy work up to 35 lbs not more than 7 times/hr.

Exercise Recommendations: (Days 1-27)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent cycling, stair stepper, water exercise, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;
- Basic Rehabilitation: All exercises 3-4 x/day, 10 repetitions - Range of Motion exercises to include wrist flexion/extension; finger flexion/extension, thumb rotation. With hand, make fist/release (and/or use squeeze ball). Forearm internal/external rotation. Apply ice 10-15 minutes after exercises

Exercise Recommendations (Days 28-35)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent cycling, stair stepper, water exercise, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;
- Basic Rehabilitation: All exercises 3-4 x/day, 10 repetitions - Range of Motion exercises to include wrist flexion/extension; finger flexion/extension, thumb rotation. With hand, make fist/release (and/or use squeeze ball). Forearm internal/external rotation. Apply ice 10-15 minutes after exercises

Upon release from physical/occupational therapy, if applicable, recommend to schedule individual appointment with Exercise Physiologist for reconditioning exercise prescription (524-2273)

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273)

Carpal Tunnel (not work related)

Fitness Testing Recommendations: 1.5 Mile Run: Y 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

Days 1-21: Repetitive motion activities (with or without splint) not more than 4 times/hr; repetitive keying up to 15 keystrokes/min not more than 2 hrs/day; gripping and using light tools (pens, scissors...) with 5 min break every 20 min; no pinching; driving car up to 2hrs/day; light work up to 5lbs 3 ties/hr; avoid prolonged periods in wrist flexion or extension.

Exercise Recommendations: (Days 1-21)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent cycling, stair stepper, water exercise, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;
- Basic Rehabilitation: All exercises 3-4 x/day, 10 repetitions - Range of Motion exercises to include wrist flexion/extension; finger flexion/extension, thumb rotation. With hand, make fist/release (and/or use squeeze ball). Forearm internal/external rotation. Apply ice 10-15 minutes after exercises.

Upon release from physical/occupational therapy, if applicable, recommend to schedule individual appointment with Exercise Physiologist for reconditioning exercise prescription (524-2273)

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273)

Carpal Tunnel, Scope

Fitness Testing Recommendations: 1.5 Mile Run: Y 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

Days 1-3: No use of affected limb; ranging only

Days 4-27: Repetitive motion activities (with or without splint) not more than 4 times/hr; repetitive keying up to 15 keystrokes/min not more than 2 hrs/day; gripping and using light tools (pens, scissors...) with 5 min break every 20 min; no pinching; driving car up to 2hrs/day; light work up to 5lbs 3 ties/hr; avoid prolonged periods in wrist flexion or extension.

Days 28-42: Repetitive motion activities not more than 25min/hr; repetitive keying up to 45 keystrokes/min 8hrs/day; gripping and using moderate tools (pliers, screwdriver...) fulltime; pinching up to 5times/min; driving care or light truck up to 6hrs/day; moderate to heavy work up to 35 lbs not more than 7 times/hr.

Exercise Recommendations: (Days 1-3)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; recumbent cycling
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;

Exercise Recommendations: (Days 4-27)

Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; recumbent cycling, elliptical machine (no arm motion)

- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;
- Basic Rehabilitation: All exercises 3-4 x/day, 10 repetitions - Range of Motion exercises to include wrist flexion/extension; finger flexion/extension, thumb rotation. With hand, make fist/release (and/or use squeeze ball). Forearm internal/external rotation. Apply ice 10-15 minutes after exercises.

Exercise Recommendations (Days 28-42)

Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent cycling, stair stepper, water exercise, elliptical machine (no arm motion)

- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;
- Basic Rehabilitation: All exercises 3-4 x/day, 10 repetitions - Range of Motion exercises to include wrist flexion/extension; finger flexion/extension, thumb rotation. With hand, make fist/release (and/or use squeeze ball). Forearm internal/external rotation. Apply ice 10-15 minutes after exercises.

Upon release from physical/occupational therapy, if applicable, recommend to schedule individual appointment with Exercise Physiologist for reconditioning exercise prescription (524-2273)

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273)

Carpal Tunnel, Open Surgery

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: N Sit-ups: Y Abd. Circumference: Y

Limitations

Days 1-9: No use of affected limb; ranging only

Days 10-41: Repetitive motion activities (with or without splint) not more than 4 times/hr; repetitive keying up to 15 keystrokes/min not more than 2 hrs/day; gripping and using light tools (pens, scissors...) with 5 min break every 20 min; no pinching; driving car up to 2hrs/day; light work up to 5lbs 3 ties/hr; avoid prolonged periods in wrist flexion or extension.

Days 42-56: Repetitive motion activities not more than 25min/hr; repetitive keying up to 45 keystrokes/min 8hrs/day; gripping and using moderate tools (pliers, screwdriver...) fulltime; pinching up to 5times/min; driving care or light truck up to 6hrs/day; moderate to heavy work up to 35 lbs not more than 7 times/hr.

Exercise Recommendations: (Days 1-9)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; recumbent cycling
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;

Exercise Recommendations: (Days 10-41)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; recumbent cycling, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;
- Basic Rehabilitation: All exercises 3-4 x/day, 10 repetitions - Range of Motion exercises to include wrist flexion/extension; finger flexion/extension, thumb rotation. With hand, make fist/release (and/or use squeeze ball). Forearm internal/external rotation. Apply ice 10-15 minutes after exercises.

Exercise Recommendations (Days 42-56)

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 30-45 minutes; walking, recumbent cycling, stair stepper, water exercise, elliptical machine (no arm motion)
- Strength: 2-3 days/week; 2-3 sets, 8-15 repetitions to light fatigue; lower body only, address major muscle groups.
- Flexibility: Static stretching post exercise, hold each stretch 30-60 seconds;
- Basic Rehabilitation: All exercises 3-4 x/day, 10 repetitions - Range of Motion exercises to include wrist flexion/extension; finger flexion/extension, thumb rotation. With hand, make fist/release (and/or use squeeze ball). Forearm internal/external rotation. Apply ice 10-15 minutes after exercises.

Upon release from physical/occupational therapy, if applicable, recommend to schedule individual appointment with Exercise Physiologist for reconditioning exercise prescription (524-2273)

If BMI >30, schedule individual appointment with Registered Dietitian (524-2273)

Chondromalacia Patella

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: Y Push-ups: Y Sit-ups: Y Abd. Circumference: Y

Limitations

- Days 1-9: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization;
- Day 9-14: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-9):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; swimming (deep water running, upper body pull, flutter kick only), upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 15-20 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all upper body major muscle groups.
- Basic Rehabilitation: maintain range of motion activities; utilize exercise bands for light leg lifts, leg curl exercises

Exercise Recommendations (Day 9-14):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 10 minutes; walking or cycling + 30-40 minutes swimming, upper body ergometer; avoid any jumping/bouncing exercises; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: utilize exercise bands around ankles for light leg lifts, leg curl exercises; utilize exercise bands around knees for side steps; hip bridges with a leg lift, holding 5-10 seconds each side, repeat 5-10 times.

Chondromalacia Patella, Scope

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-6: Non weight bearing; leg elevated as often as possible; mobilization.
- Days 7-27: Sedentary/Modified work: standing limited to 5-10min/hr; walking on smooth surfaces with crutches with limited pressure; no stair climbing; no balance activities; no squatting, kneeling, stooping, pedaling; leg elevated half time; limited wt bearing; may need immobilization;
- Day 28-56: Manual/Standing work: standing limited to 50min/hr; smooth surface walking for 1200 ft/hr carrying up to 25 lbs; irregular surfaces up to 900ft/hr carry 25 lbs; stairs up to 8flights/hr carrying 40 lbs; balance activities up to 45min/hr; applying pressure against bent knee (pedaling, squatting, kneeling) 60 times/hr.

Exercise Recommendations (Day 1-6):

- Aerobic: 4-5 days/week; 65-75% HR max (220-age); 20-40 minutes; arm bike
- Strength: 2-3 days/week; 2-3 sets, 15-20 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all upper body major muscle groups.
- Basic Rehabilitation: maintain range of motion activities; utilize exercise bands for light leg lifts, leg curl exercises

Exercise Recommendations (Day 7-27):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; swimming (deep water running, upper body pull, flutter kick only), upper body ergometer; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 15-20 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all upper body major muscle groups.
- Basic Rehabilitation: maintain range of motion activities; utilize exercise bands for light leg lifts, leg curl exercises

Exercise Recommendations (Day 28-56):

- Aerobic: 4-5 days/week; 65-85% HR max (220-age); 20-40 minutes; walking, bicycling, elliptical, swimming, upper body ergometer; limit any jumping/bouncing activities; apply ice for approx. 20 minutes after activity
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper and lower body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: utilize exercise bands around ankles for light leg lifts, leg curl exercises; utilize exercise bands around knees for side steps; hip bridges, holding 5-10 seconds, repeat 5-10 times

Sacral Strain, Mild

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-9: Clerical/Modified: Lifting with knees (with a straight back, no stooping) not more than 5 lbs up to 3 times/hr; squatting up to 6 times/hr; standing or walking with a 5 min break every 20 min; sitting with a 5 min break every 30 min; no extremes of extension or flexion; no extremes of twisting; no climbing ladders; driving up to 2hrs/day.
- Days 10-17: Lifting with knees (with a straight back, no stooping) not more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2hrs; extremes of extension or flexion 12 times/hr; extremes of twisting 16 times/hr; climbing ladders 25 rungs 6 times/hr; driving heavy truck up to 4hrs/day

Exercise Recommendations (Days 1-9):

- Aerobic: 3-4 days/week; Intensity – Somewhat hard/moderate (RPE 12-14); start with 15-20 minutes once/day, walking + 20 minutes, arm bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: “Bird Dog” exercise hold 5-10 seconds, switch sides – 5x each side; “Superman” exercise hold 5-10 seconds, repeat 10x. Apply ice for approx. 20 minutes after activity

Exercise Recommendations (Days 10-17):

- Aerobic: 3-4 days/week; Intensity – Somewhat hard/moderate (RPE 12-14); 20-25 minutes once/day, walking+ 20 minutes, arm bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: “Bird Dog” exercise hold 10 seconds, switch sides – 5x each side; “Superman” exercise hold 10 seconds, repeat 10x. Apply ice for approx. 20 minutes after activity

Sacral Strain, Severe

Fitness Testing Recommendations: 1.5 Mile Run: N 2K Walk: N Push-ups: Y Sit-ups: N Abd. Circumference: Y

Limitations

- Days 1-13: Clerical/Modified: Lifting with knees (with a straight back, no stooping) not more than 5 lbs up to 3 times/hr; squatting up to 6 times/hr; standing or walking with a 5 min break every 20 min; sitting with a 5 min break every 30 min; no extremes of extension or flexion; no extremes of twisting; no climbing ladders; driving up to 2hrs/day.
- Days 14-34: Lifting with knees (with a straight back, no stooping) not more than 25 lbs up to 15 times/hr; squatting up to 16 times/hr; standing or walking with a 10 min break every 1-2 hrs; sitting with a 10 min break every 1-2hrs; extremes of extension or flexion 12 times/hr; extremes of twisting 16 times/hr; climbing ladders 25 rungs 6 times/hr; driving heavy truck up to 4hrs/day

Exercise Recommendations (Days 1-13):

- Aerobic: 3-4 days/week; Intensity – Somewhat hard/moderate (RPE 12-14); start with 5-10 minutes once/day, walking + 10 minutes, arm bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: “Bird Dog” exercise hold 5 seconds, switch sides – 5x each side; “Superman” exercise hold 5 seconds, repeat 10x. Apply ice for approx. 20 minutes after activity

Exercise Recommendations (Days 14-34):

- Aerobic: 3-4 days/week; Intensity – Somewhat hard/moderate (RPE 12-14); 10-15 minutes once/day, walking + 15 minutes, arm bike
- Strength: 2-3 days/week; 2-3 sets, 10-15 repetitions; upper body machine based exercises.
- Flexibility: Static stretching post exercise, 30-60 seconds for all major muscle groups.
- Basic Rehabilitation: “Bird Dog” exercise hold 10 seconds, switch sides – 5x each side; “Superman” exercise hold 10 seconds, repeat 10x. Apply ice for approx. 20 minutes after activity