

# KNEE SURGERY: REHAB + RECOVERY

**DR. CATHERINE LOGAN**



**LEARN MORE ABOUT  
YOUR DIAGNOSIS**

**SURGERY FAQS &  
RESOURCES**



**POST-OPERATIVE  
WOUND CARE**

**POST-OPERATIVE  
RECOVERY TOOLS**



**FOAM ROLLING &  
RECOVERY TECHNIQUES**

**NUTRITION  
AFTER SURGERY**



**THE UNBROKEN ATHLETE**