

PRACTICAL PERI-OPERATIVE NUTRITION PROTOCOL (Surgeon-Prescribable Framework)

PRE-OP (2–4 Weeks)

- Protein: **1.6–2.2 g/kg**
- Collagen + vitamin C daily
- Creatine **3–5 g**
- Omega-3s **2–3 g**
- Address deficiencies

IMMEDIATE POST-OP (0–2 Weeks)

- Protein: **2.0–2.5 g/kg**
- Liquid protein + EAAs
- Collagen before rehab
- Creatine continued
- Focus on hydration and micronutrients

IMMOBILIZATION / EARLY REHAB (2–6 Weeks)

- Maintain high protein
- EAAs 1–2× daily
- Creatine daily
- Gradual carb reintroduction

ACTIVE REHAB / RETURN TO SPORT

- Protein **1.8–2.2 g/kg**
- Carbs matched to workload
- Creatine performance dosing
- Continue collagen and omega-3s