

How I Rebuilt Muscle After Knee Surgery (And Even Got Stronger)

👉 One quick thing before you jump in: if you want the access to ALL of my programs, education, and 1:1 COACHING FROM ME (not just tips and tricks), my Resilient Body Club Membership is the best place to start and you can find it by clicking here!

After my surgery, I looked down at my leg and couldn't believe how much strength I had lost. I was frustrated, overwhelmed, and scared that I'd never feel like myself again.

But 3 months later, I had built it back — and even more.

Here's exactly what I did with training and nutrition that made all the difference 📌

1. **Strength Training (3–4x/week)**

- I followed a **progressive full-body strength plan** that included:
 - Squats, step-ups, and lunges (with modifications early on)
 - Hip and glute work to take pressure off my knees
 - Core and balance work for full-chain stability
 - Focused on **compound lifts** once strong enough: deadlifts, presses, rows
-

2. **Protein & Nutrition**

- Ate **1g of protein per pound of body weight**
 - Prioritized real food: eggs, chicken, Greek yogurt, protein shakes
 - Ate enough **calories to support recovery and muscle regrowth**
 - Drank a ton of water + stayed consistent with supplements (creatine, collagen)
-

3. **Consistency & Recovery**

- I didn't skip my workouts — even when progress was slow
- I **walked every day**, worked on mobility, and **slept 7–8 hours**
- Took **rest days** seriously so my body could actually rebuild. By allowing myself a rest day in between each workout day, I was able to recover faster and lift heavier the next go around.

IMPORTANT IF YOU ARE STRUGGLING WITH MUSCLE LOSS 🚨🚨

You don't need to train like an athlete or go to extremes.
You just need a smart plan, patience, and the right fuel.

Whether it's from surgery, injury, or just chronic wear and tear — you need a **step-by-step plan** that addresses the **root cause**, not just the symptoms.

That's exactly why I created 🙌 [My Chronic Knee Pain Fix Course!](#)

Designed to help you:

- ✓ Regain lost muscle with a smart, progressive strength plan
- ✓ Understand *why* each movement matters and what is really going on with your body through clear educational videos
- ✓ Reducing pain while rebuilding trust and confidence in your body

I wish I had this when I first started.