

# After Surgery Milestones

While recovery from any surgery involves some discomfort and pain, joint replacement patients can see significant improvement in their quality of life compared to before surgery.

## Within a few days

- Do your physical therapy exercises
- Get in and out of bed/move from sitting to standing
- Walk with assistive device; get around home without being overly tired
- Go up and down the number of stairs needed to access your home
- Manage your daily hygiene routine

## Weeks 1-2

- Walk 150 ft. with a walker, 3 times a day
- Climb and descend a flight of stairs, once a day
- Control pain with the use of ice packs
- Bend your surgical knee 90° at 2-week follow-up appointment, if you could before surgery

## Weeks 3-4

- Walk at least 1/2 mile throughout the day (not all at once)
- Go up and down a flight of stairs more than once a day
- Perform a car transfer independently
- Resume light homemaking tasks

## Weeks 5-6

- Walk with a cane or crutch without limping
- Take 1/2 mile walks, 3 times per week
- Go up and down stairs in a normal fashion, if comfortable
- Drive a car with your surgeon's approval

## Weeks 7-12

- Walk without cane or crutch support, without limping
- Walk approximately 1 mile, 3 times a week

JOINT  
REPLACEMENT  
PATIENTS  
EXPERIENCE  
80% OF  
THE BENEFITS  
WITHIN  
3 MONTHS

DON'T DELAY  
GETTING THE  
HELP YOU NEED.

CONTACT US.  
WE CAN HELP.  
(585) 275-5321  
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