

## RAPID RECOVERY PROGRAM

DAY	MILESTONES
Day of surgery	You'll begin by sitting on the side of your bed as you adjust to being upright. A little later, you'll get up for a short walk (5 – 10 metres) with a pick-up frame
Day 1 post surgery	You'll use a pick-up frame to walk a lap of the ward with assistance from the physiotherapist, You should progress to crutches and walk a lap of the ward later in the day.
Day 2 post surgery & discharge day	You can expect to be mobilising on your own whilst using crutches or stick and practising going up and down steps. You should be fully weight bearing through the replaced joint.