

STANDARD RECOVERY PROGRAM

DAY	MILESTONES
Day of surgery	You'll begin by sitting on the side of your bed as you adjust to being upright.
Day 1 post surgery	Today, you'll get up for a short walk (5 - 10 metres) with a pick-up frame.
Day 2 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 3 post surgery	You can expect to be mobilising on your own whilst using crutches or stick and practising going up and down steps.
Day 4 post surgery Discharge	You should find you are becoming more confident and independent with a crutch or stick. You should be fully weight bearing through the replaced joint.
Day 5 - 7: Longer stay patients	Depending on the reasons for remaining in hospital your recovery program will be tailored to your needs until you are discharged.