KNEE REPLACEMENT RECOVERY TIMELINE



DAY OF SURGERY 6

- You may or may not have a continuous passive motion machine, which helps you bend and straighten your knee
- Your exercise program with the physical therapist will begin to help you gain strength and range of motion in your new knee
- You will begin walking with a walker and the help of your physical therapist
- You will use ice therapy to control and minimize swelling
- You will begin walking with a physical therapist

1-2 WEEKS POST SURGERY o-----

- You will continue to use either a walker or crutches
- After then, you will be able to advance to using a cane outdoors and no support around the house
- You will begin outpatient physical therapy
- Your surgeon may order home health physical and occupational therapy
- You will continue to do your home exercises





1MONTH ---- POST SURGERY

- With your surgeon's approval, you may return to work if your work is generally sedentary
- With your surgeon's approval, you may return to driving as you feel comfortable. Remember DO NOT drive if you are taking narcotics.



- With your surgeon's approval, you may return to work if your job is rigorous.
- Attend your follow-up appointment with your surgeon for an exam and assessment of activities



6 MONTHS → POST SURGERY

- Attend your follow-up appointment with your surgeon for an x-ray and exam

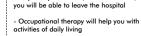
2 MONTHS --- POST SURGERY

 You may require pain medication for about two months. Initially, you may need a stronger medication (narcotic) before switching to OTC pain medication like Tylenol or I buprofen. Our staff will work closely with you to determine a personalized pain management program.

1 YEAR ----○ POST SURGERY

- Attend your follow-up appointment with your surgeon for an x-ray and exam





- Continue physical therapy in the hospital twice daily. When you can get in and out of

bed alone, pain is controlled, you can walk

safely with your walker, and climb stairs,

1-2 DAYS

POST SURGERY

- You will shower before discharging home