

Phases of Recovery

Phase 0: (*Surgery to Discharge*)

When your pain is controlled on oral medications, you can walk 100 feet, and you have help at home you can go home. If you cannot walk 100 feet, we may consider rehabilitation. If you do not have any help at home, we may consider home health services.

Phase 1: (*Discharge to 2 Weeks*)

Improvement seen on a day-to-day basis.
This is when you may need help after surgery.

Phase 2: (*2 Weeks to 3 Months*)

Improvement on a week-to-week basis.
You are only 80% improved at your 3-month visit.
Usually you will feel better than before the surgery.

Phase 3: (*3 Months to 1 Year*)

Improvement occurs on a month-to-month basis.
Warmth, swelling, and aches/pains about the joint are going away.
Usually you get stronger and have more endurance.

Remember:
It takes a whole year to recovery!!!!