

The Three Phases of Recovery following Hip or Knee Replacement

Phase 1: (*First 2 weeks*)

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

Phase 2: (*Next 6-8 weeks*)

Improvement on a week to week basis.
You are only 85%-90% improved at the 3 month post-operative timepoint.
Usually this means you feel better than before the surgery but...

Remember:

It takes a whole year of recovery after joint replacement!

Phase 3: (*Final 8-9 months*)

Improvement occurs on a month to month basis.
This means that warmth about joint, aches & pains are going away and this is when
you get stronger and get more endurance.

Remember it takes a whole year!

