TEXAS ORTHOPEDICS
SPORTS & REHABILITATION ASSOCIATES
A DIVISION OF OrthoLoneStar

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Post-Op Activity Guidelines

After a joint replacement, it can often be difficult to gauge how much activity is appropriate. Although each person is unique in their capabilities and recovery course, this chart can be a helpful general guide to moderate activity levels in the first 6 weeks after surgery.

Once an hour while awake, make sure to get up and move. Even if this consists of moving from one chair across the room to another, it is important to move every hour.

Step counts are a helpful way to monitor your activity and mitigate the risk of overdoing it after surgery. There are many ways to count your steps including an iphone, Apple Watch, fitness tracker, or pedometer.

Post **Knee** Replacement Step Recommendations

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Max 500 steps per day	Max 1,000 steps per day	Max 1,500 steps per day	Max 2,000 steps per day	Max 2,500 steps per day	Max 3,000 steps per day

Post **Hip** Replacement Step Recommendations

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Max 1,000 steps per day	Max 2,000 steps per day	Max 3,000 steps per day	Max 4,000 steps per day	Max 5,000 steps per day	Max 6,000 steps per day