

Knee surgery journey

This road map is meant to provide an overview of the total knee experience, from your first visit at the Kaplan Joint Center to 12 weeks post surgery and beyond. Use this timeline to track your recovery milestones. Please remember that the speed of recovery varies from patient to patient.

Important Dates

complete

Pre-op phase

- First Appointment: _____
- Pre-Op Visit: _____
- Pre-Op Class: _____
- Pre-Op phone Call: _____

Surgery

- _____

Post-op recovery

- Physical Therapy: _____
- _____
- _____
- 4 Week Follow-Up Visit _____
- _____
- _____
- _____
- 12 week Post-Op visit: _____

Continued care

Your team at Newton-Wellesley Hospital will continue to provide support throughout your journey. We are committed to working with you to recalibrate your goals as you move steadily along the road to recovery.

Pre-op phase



First appointment

- Schedule surgery
- Knee guide book provided
- Meet the nurse navigator

Pre-op visit

- History and physical with PCP
- Pre-admission testing

Pre-op class

- www.nwh.org/hipkneeguides

One week before surgery

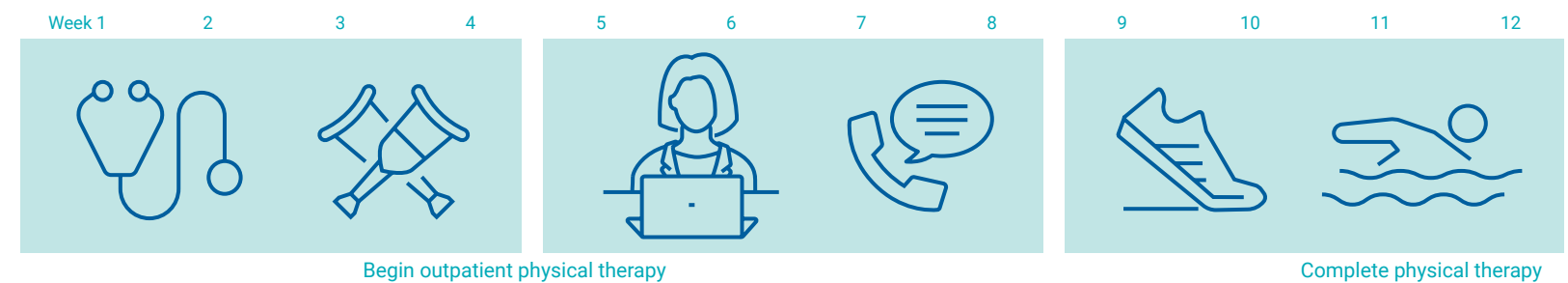
- Nurse navigator call
- Pre-op coordinator call

Surgery

Your Orthopaedic Team: MD, fellows, residents, physicians' assistants, nurses, patient care assistants, rehabilitation therapists and case manager

- Pain management
- Progress mobility
- Day surgery
- Inpatient admission

Post-op recovery



Weeks 1-3

- Home with Home Care physical therapist. Nursing & OT if needed
- Use of crutches/walker
- Transition to outpatient physical therapy

Weeks 4-8

- 4 week follow-up visit
- Return to work – desk job
- Walking without aid
- Return to driving

Weeks 9-12

- Low impact recreational activity
- Return to physical work

Hip surgery journey

This road map is meant to provide an overview of the total hip experience, from your first visit at the Kaplan Joint Center to 12 weeks post surgery and beyond. Use this timeline to track your recovery milestones. Please remember that the speed of recovery varies from patient to patient.

Important Dates

complete

Pre-op phase

- First Appointment: _____
- Pre-Op Visit: _____
- Pre-Op Class: _____
- Pre-Op phone Call: _____

Surgery

- _____

Post-op recovery

- Physical Therapy: _____
- _____
- _____
- 4 Week Follow-Up Visit _____
- _____
- _____
- _____
- 12 week Post-Op visit: _____

Continued care

Your team at Newton-Wellesley Hospital will continue to provide support throughout your journey. We are committed to working with you to recalibrate your goals as you move steadily along the road to recovery.

Pre-op phase



First appointment

- Schedule surgery
- Hip guide book provided
- Meet the nurse navigator

Pre-op visit

- History and physical with PCP
- Pre-admission testing

Pre-op class

- www.nwh.org/hipkneeguides

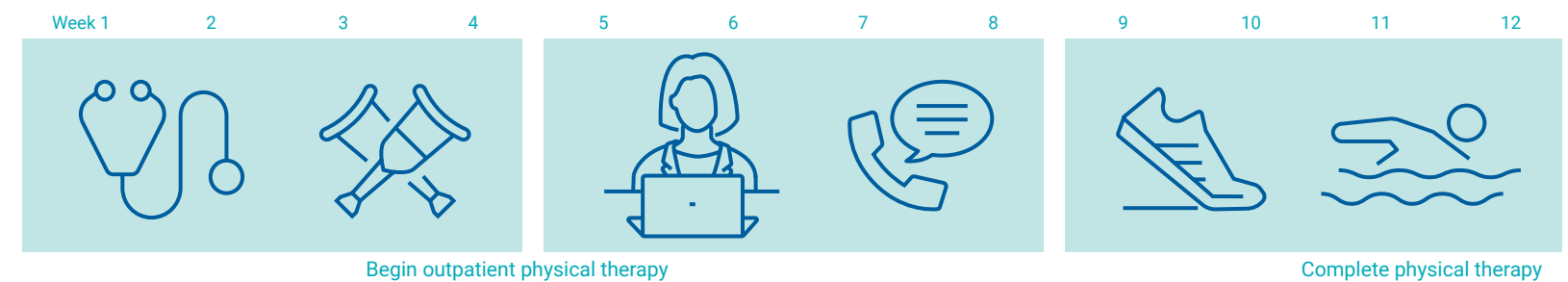
One week before surgery

- Nurse navigator call
- Pre-op coordinator call

Surgery

- Your Orthopaedic Team:** MD, fellows, residents, physicians' assistants, nurses, patient care assistants, rehabilitation therapists and case manager
- Pain management
 - Progress mobility
 - Day surgery
 - Inpatient admission

Post-op recovery



Weeks 1-3

- Home with Home Care physical therapist. Nursing & OT if needed
- Use of crutches/walker
- Transition to outpatient physical therapy

Weeks 4-8

- 4 week follow-up visit
- Return to work – desk job
- Walking without aid
- Return to driving

Weeks 9-12

- Low impact recreational activity
- Return to physical work