

Prehab: How to Get Ready for Your Joint Replacement



START PREHAB

Start exercise therapy at least six to eight weeks before surgery. Your orthopedic surgeon can refer you to a physical therapist. Build strength in your legs and upper body. Also, practice the exercises you'll need to do after surgery. Orthopedic doctors say prehab helps people recover faster.



GET A DISABLED PARKING PERMIT

Apply for a temporary parking permit. Your orthopedic surgeon may have an application form. Or contact the Department of Motor Vehicles.



SET UP HELP

You'll need help for a while. Arrange for someone to stay with you for a week or two after orthopedic surgery, and drive you to appointments if needed.



STOCK YOUR KITCHEN

Freeze meals in advance or have a friend bring meals. Stock your pantry. Put all the things you use regularly — a few dishes, glasses, etc. — at arm level.



ARRANGE YOUR HOME

Borrow a walker or crutches to see if you can get around your home with an assistive device. Rearrange furniture as needed. Roll up any rugs that could trip you. Put the phone and TV remote in easy reach at arm level.



SAFEGUARD THE BATHROOM

Consider getting a shower chair and a raised toilet seat to make the bathroom safer during the first weeks of recovery.