

# Rehab: 6 Ways to Recover Faster After a Joint Replacement



## DO PREHAB BEFORE SURGERY

Start exercises to strengthen the muscles supporting your joint at least six to eight weeks before joint replacement surgery, or sooner. Prehab can help people recover faster.



## DO REHAB FAITHFULLY

Your physical therapist will teach you exercises to gradually extend your joint's range of motion and endurance. Do them faithfully.



## APPLY ICE PACKS

Talk with your doctor about placing an ice pack wrapped in cloth on your joint for 15–20 minutes at time to reduce swelling.



## MEASURE YOUR PROGRESS

Following the instructions of your doctor, track how many sets you can do of each exercise, and the ease of movement without pain. You should see gradual increased range of motion.



## TAKE THE WALK TEST

If your doctor approves, take the walk test. The “6 Minute Walk Test” measures how far and fast you can walk in six minutes. Time and measure how far you can walk without pain every few days. Ideally, you should see noticeable improvement over several weeks.



## EAT HEALTHY FOODS

Drink plenty of water, avoid alcohol and eat small meals with healthy foods, such as fruits, vegetables and lean protein.

\* If you take blood thinner medication your doctor may advise you to avoid foods rich in vitamin K, as well as vitamin C and E and herbal supplements. Ask your doctor for a list.