

Walking Advice

After a joint replacement it is important to pace your walking. When you go home we usually advise to start with **3 walks a day** with a duration of about **5-7 minutes each**.

The next day if you are feeling good and you don't have a noticeable increase in swelling or pain you can **add on one minute to each walk**.

If you experience and increase in pain and swelling over a 24 hour period you can **reduce your walking** by a couple of minutes for each walk.

In the initial post-op period always use your 2 crutches when going on your walks. Your physiotherapist will give you advice of when you can come off crutches when they see you at your post-op appointments.