

POSTOPERATIVE ACTIVITY LOG

Recovery Week: _____

Patient Name: _____

Procedure Date: _____

Surgeon: _____

Weight Bearing Status: _____

DAY	WALKING / DAILY ACTIVITY	PRESCRIBED EXERCISES	DONE
Day 1	Short room walks (5 min) every 2 hrs.	Ankle pumps, Glute squeezes (3x10).	
Day 2	Walk to bathroom with assistance.	Leg slides, Quad sets (3x10).	
Day 3	Hallway walk 100ft x 3 times.	Knee extensions, Seated lifts.	
Day 4	Increase walking duration by 5 mins.	Repeat Day 3 protocol.	
Day 5	Light household movement.	Standing balance drills (assisted).	
Day 6	Outdoor walk (flat surface only).	Full physical therapy set.	
Day 7	Standard daily activity as tolerated.	Review progress with therapist.	

RECOVERY NOTES / PAIN LEVELS (1-10):

Contact your doctor immediately if: Shortness of breath, chest pain, sudden calf swelling, or fever above 101F occurs.

This document is for tracking purposes only. Always follow your specific clinical discharge instructions.