



Having your joint replaced is just the first step to a pain free and active lifestyle. The success of your joint replacement will strongly depend on how well you follow your orthopaedic surgeon's instructions. For you to be able to regain full recovery you will need to actively participate in your healing process.

Recovery

Most patients are surprised when they are asked to get up and start moving on the second day of having a total joint replacement procedure. Physical therapy is a key part of your recovery. The earlier you move the joint the quicker you can regain independence. Your physical therapist will recommend certain exercises for the affected joint and will also discuss rehabilitation plans upon discharge from the hospital. Pain medication will be given to you before therapy to help ease any pain or discomfort. Depending on your limitations, an occupational therapist can provide instructions on how to use certain devices that can assist with your daily activities such as bathing, or putting on your socks.



with a [Royal Devon & Exeter NHS Foundation Trust](#) physiotherapist