Therapy Assessment & Treatment Timeline (THR & TKR)



Following your surgery, you will be reviewed & assessed by a member of the therapies team with an aim to mobilise 1-4 hours post op



Therapy goals will be assessed; this includes ensuring you are independent with the following: Walking, Transfers & Stairs



Exercises will be provided and taught to you by your therapist. We will ensure you are confident in completing these independently



Following your Total Knee Replacement an outpatient rehabilitation referral will be sent to your local hospital as discussed with your therapist



If you're undergoing a Total Hip Replacement, we will ensure you have your equipment in place, scheduled for delivery or issued during your inpatient stay

STEP 01

STEP 02

STEP 03

STEP 04

STEP 05

Additional Information

Please note you may complete all these steps in one therapy session and be discharged the same day as your operation

Additional Information Stage 2

Therapy goals will be assessed; this includes ensuring you can independently walk with an aid, you can negotiate stairs safely & you are independent with getting on/off a bed, chair & toilet

Additional Information Stage 5

Please ensure you have completed your heights form prior to your surgery using the My Recovery App