

Getting the Most Out of Joint Replacement Surgery

As you recover from joint replacement surgery, stay active to get the most out of your new joint. Try low-impact activities like swimming, bowling, gardening, or walking. Riding a stationary bike is also a good way to keep your muscles moving.

When exercising, don't try to do too much too quickly. When you feel tired, be sure to rest. Go to all your follow-up appointments and physical therapy sessions as scheduled. Between appointments, write down any questions you may have, so you don't forget to ask them at your next appointment.

If you plan to fly, be sure to let the TSA know you have a joint replacement to make the security screening process a little easier. Your new joint will allow you to do the activities you missed out on before your surgery. Now you can get the most out of your new joint and your life.