

Tracking Your Goals

Setting goals often helps people through rehabilitation after knee replacement surgery. It's okay to have longer-term goals, like "I want to ride my bicycle again," but it's more helpful to have smaller goals, ones you can accomplish sooner. Use the following chart to set goals for your recovery, then work toward them and track your progress. We've filled out the first two lines to show you how it's done.

Today I...	In one week I want to...	Done!
<i>Walked one block</i>	<i>Walk two blocks</i>	✓
<i>Walked two blocks</i>		

Remember that you should always check with your surgeon and/or physical therapist before increasing your activity level.