

Walking Program

Use this as a general guideline.

Day 1

At home, walk the length of the hallway 3 or 4 times a day. You could also walk to the end of the driveway and back, once in the morning and again in the evening.

Day 2

Walk 1/2 a block or the equal distance of 1/2 a block **indoors**, once in the morning and again in the evening.

Day 3

Walk 1 block in the morning and 1 block again in the evening.

Day 4

Walk 2 blocks in the morning and 2 blocks again in the evening.

Day 5

Walk 3 blocks in the morning and 3 blocks again in the evening.

Continue increasing the distance you walk as you are able. Let your comfort be your guide to how much you can do. Your goal should be to be able to walk one mile by 6 weeks after your surgery.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6713