

RALEIGH ORTHOPAEDIC

Pioneering Orthopaedics Since 1919

- Hand & Wrist • Shoulder & Elbow • Spine • Hip & Knee • Foot & Ankle •
- Sports Medicine • General Orthopaedics • Total Joint Replacement •

Getting Back To Normal

It will be some weeks before you recover from your operation and start to feel the full benefits of your new joint replacement. Make sure you have **NO** major commitments for the first six weeks after the operation. At six weeks, many patients are able to move around and walk comfortably. At three months, our hope is that you are feeling more like yourself. As joint replacement is a major surgery, you can expect the recovery process to occur over 6 months to 1 year.