Daily Activity Flow Sheet Following Total Knee Surgery

ate:						
Time	Ankle	Bed	Sitting	Standing	Walking	Rest, Ice
	Pumps	Exercises	Exercises	Exercises	(Every other	and Elevate
	(Hourly)	(2.2 times	/2 2 times	(2.2 times	hour)	(Between
		(2-3 times	(2-3 times each day)	(2-3 times		exercise
		each day)	each day)	each day)		sessions)

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