

Knee Surgery Checklist

“How to Know You are Ready”

I have been working out, and my leg feels strong.

I have lost (some, all of my) excess weight.

I have a plan in place for my pets.

I have joined “Knee Surgery Recovery & Rehab” on Facebook.



I have installed grab bars near my toilet and in my shower.

I have a plan for where I will sleep when I come home.

I have secured all electrical cords and have decluttered my floors.

I have stairs in my home that I must negotiate, and have at least one handrail, a cane and two walkers.

I have a plan for a cold compress (icing) machine to be in my home following surgery.

I have a planned recovery space with all the items I will need within my reach.



I have been stretching and my leg feels flexible.

I have a toilet seat riser and a shower bench.

I have rolled up and put away my throw rugs.

I have rearranged my furniture to allow for easy access into rooms while walking with my walker.

I have called my insurance carrier to see if they will cover any or all safety equipment needed.

I have ordered a walker.

I have signed up for the Pre-hab and Surgery Preparation Email Series: <http://eepurl.com/cTVRhr>

Pre-hab



I have a sock-aid, shoe horn, and a grabber.

I have a plan for a relative or friend to drive me home from the hospital and to be with me for my first few days at home.

I have shopped for foods that will be easy to eat, even if I do not have an appetite.

I have been eating a diet to help control inflammation (with my surgeon's permission).