

Recovery Milestones Guide

No two patients recover on the same schedule. These are typical patterns, not deadlines — comparing yourself to a neighbor's timeline only creates frustration.

— Day of surgery

- Most patients stand and take first steps with assistance
- Pain is managed and you are cleared to go home when safe — many patients go home the same day

— Weeks 1–2 — protect and move

- Walk frequently for short periods; swelling and soreness are expected
- Manage swelling: elevation, ice as directed, and activity in small doses
- Begin or continue prescribed exercises
- Watch for warning signs (separate sheet)

— Weeks 2–6 — independence returns

- Most patients reduce reliance on the walker or cane during this window
- Motion, walking distance, and confidence improve week over week
- Many patients resume driving when off narcotic medication and safely in control of the car — clear it with the care team first
- Pain medication needs typically taper substantially

— Months 2–6 — strength and stamina

- Return to most daily activities, work, and low-impact recreation
- Strength, endurance, and balance continue building
- Occasional aching after activity is common and usually improves

— Six months and beyond

- Improvement continues for a year or longer — many patients keep gaining strength and confidence well past the point they expected

THE REAL MEASURE

A perfectly positioned implant is not the goal by itself. Success means less pain, more confidence, and a return to the activities that matter to you.

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This guide is educational and reflects Dr. Seem's general approach. It does not replace an examination, individualized advice, or the instructions you receive from your surgical team and the facility where your surgery takes place. For medication, fasting, and day-of-surgery instructions, always follow the current guidance from Winchester Medical Center or Valley Health Surgery Center. For emergencies, call 911. Reviewed and approved by Michael E. Seem, MD. ROSA®, Persona IQ®, and mymobility® are registered trademarks of Zimmer Biomet, and HipInsight™ of its owner — named only to identify technologies used in practice; no manufacturer endorsement or affiliation is implied. · Michael E. Seem, MD · Winchester Orthopaedic Associates · 128 Medical Circle, Winchester, VA 22601 · (540) 667-8975 · © 2026