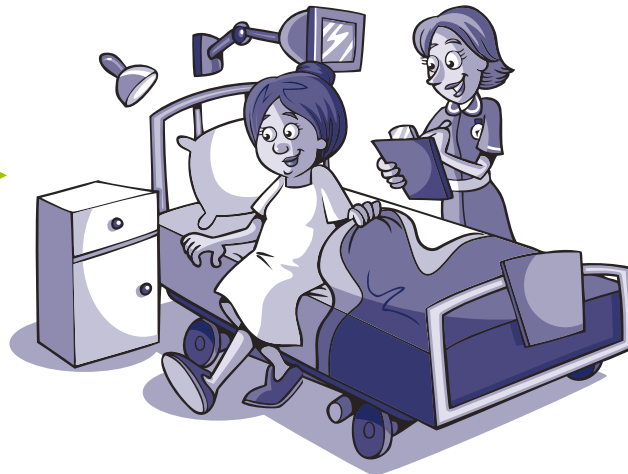


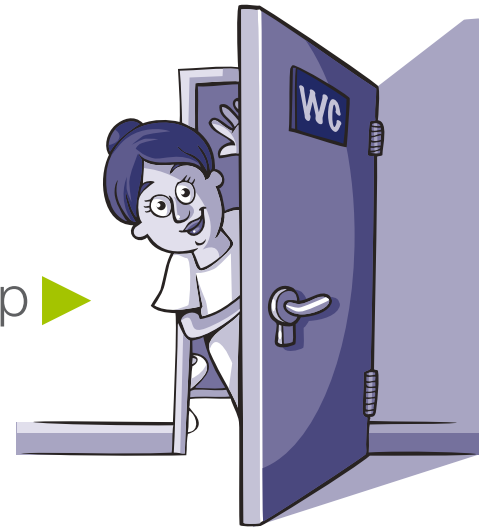
# Total Knee Discharge Goals

**1** Get out of bed yourself ►



**2** Progressively increase walking distance with the use of crutches or Zimmer frame

**3** Get to the bathroom with no or little help ►



**4** Climb and descend stairs if necessary

**5** Bathe and dress yourself with minimal help ►



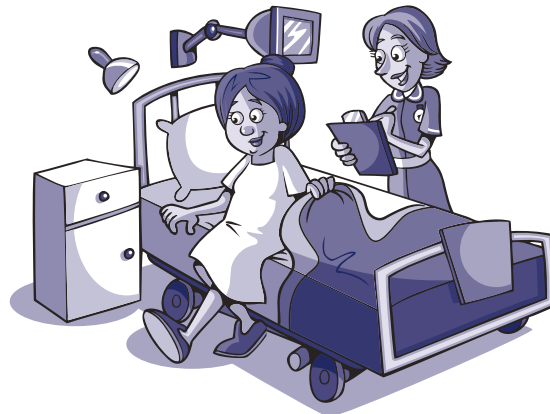
**6** Pain controlled with pills

**7** Confirm arrangements to go home ►



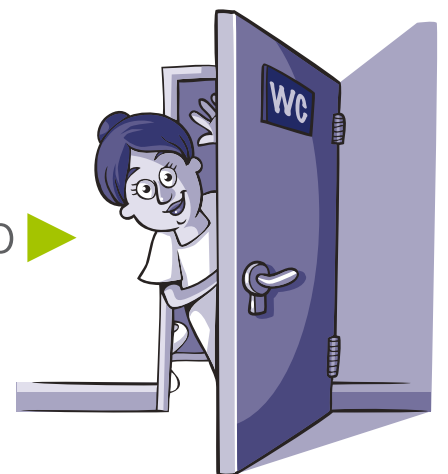
# Total Hip Discharge Goals

1 Get out of bed yourself ▶



◀ 2 Progressively increase walking distance with the use of crutches or Zimmer frame

3 Get to the bathroom with no or little help ▶



◀ 4 Climb and descend stairs if necessary

5 Bathe and dress yourself with minimal help ▶



◀ 6 Pain controlled with pills



7 Understand and feel confident about your hip precautions ▶



◀ 8 Confirm arrangements to go home