

Community Health Teams

- Free online or in-person group wellness programs in the greater Halifax area for those age 18 and older.
 - › Phone: 902-460-4560
 - › www.communityhealthteams.ca

Canadian 24-hour Movement Guidelines

- › <https://csepguidelines.ca>

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Staying Active After Knee Replacement Surgery

Staying Active After Knee Replacement Surgery

About 3 months after your surgery, you can be more active and can go back to doing some of your activities and sports.

Staying active will help you:

- › Manage or prevent other health problems
- › Improve how your knee works
- › Make your new knee joint last longer
- › Increase your endurance
- › Make your muscles stronger and improve how fast you move
- › Make your bones stronger
- › Improve your mood
- › Sleep better

What are your questions?

Please ask a member of your health care team. We are here to help you.

- Talk with your surgeon, primary health care provider (family doctor or nurse practitioner), or physiotherapist about the activities that are right for you. Try to choose activities that:

- › You enjoy
- › Are gentle on your joints
- › Match your skills and experience
- › Have a low risk of injury

Resources

Get Moving: Maximizing Your Activity After a Hip or Knee Replacement

- › www.movepainfree.org/wp-content/uploads/Get-Moving-Booklet_2015-EN.pdf

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)

