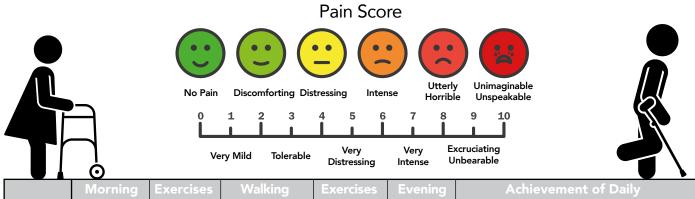
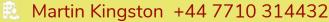
Hip Replacement Activity Progression Journal



	<u> </u>		207 11 4	1 -		
	Morning Pain	Exercises AM	Walking Time or	Exercises PM	Evening Pain	Achievement of Daily Activity/Chore
	Score	(check ✓)	Distance	(check ✓)	Score	(details)
WEEK 1						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 2						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 3						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

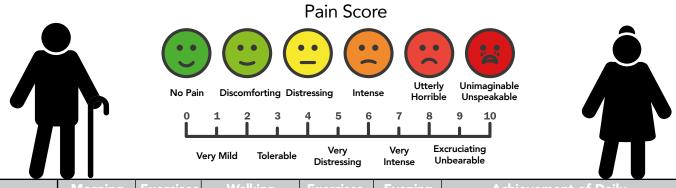








Hip Replacement Activity Progression Journal



	Morning Pain Score	Exercises AM (check √)	Walking Time or Distance	Exercises PM (check √)	Evening Pain Score	Achievement of Daily Activity/Chore (details)
WEEK 4						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 5						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
WEEK 6						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						





