

## **Tracking Your Progress After Surgery**

Gynecology/Oncology Surgery Enhanced Recovery

### The more you move, the faster you will heal!

#### **Day 1 Activity**

- A Physical Therapist (PT) may evaluate you.
- Do **not** get out bed without help from a PT, a nurse, or a patient care technician.
- Sit in a chair for all your meals:



- □ Breakfast
- ☐ Lunch
- □ Dinner

#### **Today's Goals**

- · Be out of bed for 8 hours
- Walk in the hall 3 to 4 times
- Walk 9 laps of the unit:



- Walk #1: \_\_\_\_\_ laps
- ☐ Walk #2: \_\_\_\_\_ laps
- ☐ Walk #3: \_\_\_\_\_ laps



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### **Day 2 Activity**

• Sit in a chair for all your meals:



- □ Breakfast
- □ Lunch
- □ Dinner

#### **Today's Goals**

- · Be out of bed for 8 hours
- · Walk in the hall 3 to 4 times
- Walk 18 laps of the unit:



- Walk #1: \_\_\_\_\_ laps
- ☐ Walk #2: \_\_\_\_\_ laps
- Walk #3: \_\_\_\_\_ laps
- Walk #4: \_\_\_\_ laps

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### **Day 3 Activity**

Sit in a chair for all your meals:



□ Breakfast

□ Lunch

Dinner

#### **Today's Goals**

· Be out of bed for 8 hours

Walk in the hall 3 to 4 times

Walk 18 laps of the unit:



■ Walk #1: \_\_\_\_\_ laps

■ Walk #2: \_\_\_\_\_ laps

■ Walk #3: \_\_\_\_\_ laps

■ Walk #4: \_\_\_\_ laps