

# Rehab Checklist

A step-by-step rehab checklist to help you recover safely after an injury, surgery, or illness and track your milestones.

## Follow Your Recovery Plan

- Read and keep your discharge or recovery instructions where you can see them
- Schedule all follow-up appointments before you leave or get home
- Do prescribed exercises and wound care exactly as instructed
- Keep a list of your medications, doses, and timing
  - A pill organizer and phone alarms reduce missed or doubled doses.
- Confirm activity limits, such as no lifting, driving, or stairs, and for how long
- Arrange any equipment you need, like a walker, raised toilet seat, or shower chair

## Rest and Recover

- Plan regular rest periods and aim for consistent, quality sleep
- Set up a comfortable recovery space with essentials within reach
- Balance approved gentle movement with rest to avoid stiffness
  - Short, frequent walks if cleared can help circulation and mood.
- Avoid overdoing activity on days you feel suddenly better
- Accept help with chores, cooking, and errands while you heal

## Eat Well for Healing

- Include protein at each meal to support tissue repair
- Eat plenty of fruits, vegetables, and whole grains
- Drink enough fluids unless your doctor has limited them
- Add fiber and stay hydrated to ease constipation from pain medication
- Follow any specific dietary restrictions from your care team
- Ask before starting any new supplements or large diet changes

## Manage Pain Safely

- Take pain medication only as prescribed and never double up on missed doses
- Track pain levels and what helps or worsens them
- Use approved comfort measures like ice, heat, or elevation as directed
- Do not mix medications or alcohol without checking with your doctor
- Tell your care team if pain is not controlled by the current plan

## Track Milestones and Progress

- Note daily wins, such as walking farther or needing less pain medication
- Record range of motion, swelling, and energy levels over time
- Compare your progress to the recovery timeline your team gave you
- Keep this log handy to share at follow-up appointments
- Celebrate reaching each cleared milestone to stay motivated

## Watch for Warning Signs

- Check wounds for spreading redness, swelling, drainage, or a bad odor
- Monitor for fever, chills, or feeling generally unwell

- Watch for worsening or sudden severe pain that is not relieved
- Seek urgent care for chest pain, trouble breathing, or sudden leg swelling
- Keep emergency and care-team phone numbers visible at all times
- Important: this checklist is general information, not medical advice; always follow the discharge instructions and guidance of your doctor and care team