

Days since surgery/ date	Daily Walking/Activity	Recovery Movements		Tiredness	Pain	How I Feel	Tomorrows Goal
10 days 16/03/20	Walked for 10 minutes, felt tired but pleased I did it	1. Core Connect 2. Pelvic Tilt 3. Knee Rolls 4. Seated Knee Lifts	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	4/10	5/10	⊕ √ ⊕ ⊕	To Walk 12 Minutes
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