






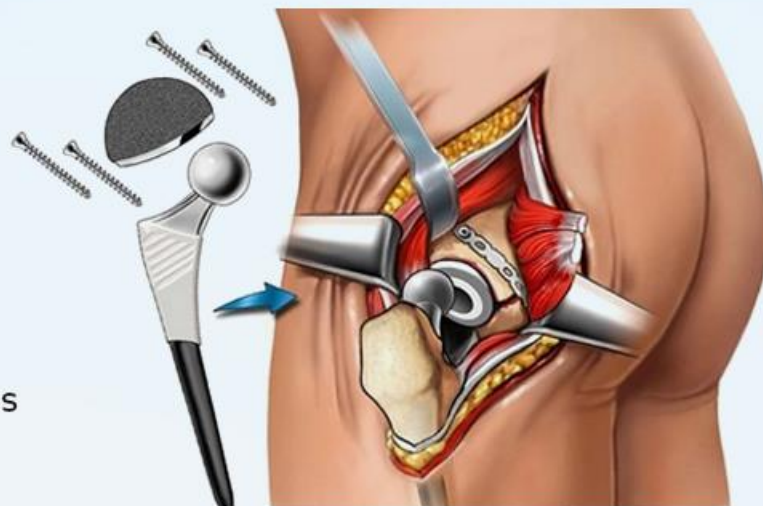


Dr. Jitendra Chowdhary (Jain)
Orthopedics
MBBS, D Ortho, DNB Ortho,
MNAMS

Jitendra Jain

5 Tips for Total **Hip Replacement** Recovery

-  Get in a healthy exercise routine
-  Movement is essential to a healthy recovery
-  Pay attention to diet and weight
-  Maintain a healthy body weight before and after your surgery to improve your recovery process
-  Exercise to promote blood flow



Follow the recovery tips advised by your Orthopedician and consult him/her before initiating any physical activity.