OSclinic
OSclinic — Dr Ala' Hawa I Specialist Orthopaedic Surgeon
Al-Rasheed Hospital, Jordan Street, Amman, Jordan
Call +962 79 136 8302 · WhatsApp +962 78 845 4784

PATIENT CHECKLIST

Rehabilitation & exercises

Recovery is gradual. These milestones are typical — your plan may differ.

Recovery phases

- Early phase: reduce swelling, protect the repair, gentle range of motion as allowed.
- Mid phase: strengthen supporting muscles with physiotherapy guidance.
- Late phase: return to sport or work only when cleared by your surgeon.

Useful questions to ask

- Which exercises should I start now, and how often?
- What movements or loads must I avoid in this phase?
- When is my next review, and what milestone should I reach by then?

Educational checklist only — not a diagnosis or personal treatment plan. For limb-threatening injury, open wounds, or sudden neurological loss, go to hospital emergency care first.