Cleveland Clinic

PARTICIPATE IN YOUR CARE
POST-OP AMBULATION TRACKER

As part of your recovery and in partnership with your surgeon, we recommend walking soon after surgery to help decrease potential complications. Our staff is dedicated to helping you achieve your walking goals; your nurse will review the physician's order for activity with you after surgery. Use this tool to assist you in keeping track of your activity level after surgery.

Why you should walk: (Benefits)

- Walking improves breathing
- Strengthens muscle tone.
- Helps to restore normal bowel and bladder function.
- Improves blood flow which helps increase healing.

Please check a box below, each time you walk

Post-Op Day 1	Post-Op Day 2	Post-Op Day 3
Today's Date _____	*Today's Date* _____	*Today's Date* _____
Today your Goal is 3 - 6x day	*Today your Goal is 3 - 6x day*	*Today your Goal is 3 - 6x day*
☐ Time: _____	☐ Time: _____	☐ Time: _____
☐ Time: _____	☐ Time: _____	☐ Time: _____
☐ Time: _____	☐ Time: _____	☐ Time: _____
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