

Recovery Plan & Restrictions

Keep today's instructions clear as recovery changes.

Recovery instructions are often spread across discharge papers, visit notes, conversations, and patient portals. This pack gives you one place to record what your healthcare team has told you about your current plan, restrictions, approved activities, assistance, and follow-up.

RESTRICTIONS ARE PERSONAL AND CAN CHANGE

A restriction that applies after one procedure may not apply after another. Do not use someone else's limits - or an older version of your own plan - as today's instructions. Record the specific direction you were given, how long it applies or when it will be reviewed, and who should clear you to change it.

KNOW BOTH SIDES OF THE PLAN

Knowing what to avoid matters, but so does knowing what you are allowed to do. Clear instructions can reduce unnecessary uncertainty and help family members or caregivers support the same plan.

WHEN YOU ARE UNSURE

Use this pack to capture the question and confirm the answer with the appropriate healthcare professional. Do not use a worksheet to decide that a restricted activity is now safe.

THIS PACK HELPS YOU RECORD

- ☐ The main recovery plan right now
- ☐ Current restrictions and precautions
- ☐ Activities you have been cleared to do
- ☐ Movement, mobility and equipment instructions
- ☐ Help you need at home
- ☐ Warning-sign instructions from your healthcare team
- ☐ Changes to the plan and questions before trying something new

Plan last reviewed / updated:

Healthcare professional or office I should contact with plan questions:

My Recovery Plan Right Now

The main goal of my recovery plan right now:

What I have been told to do each day:

What I should focus on first:

What I should avoid or protect right now:

My next planned follow-up or review of this plan:

My Current Restrictions

Record the instruction that applies now. Include a date, time period, follow-up point, or clearance requirement when one was given.

Activity / Area	My Current Limit or Instruction	Until / Review Date	Who Clears or Reviews It?
Lifting / carrying			
Driving			
Stairs			
Bending / twisting			
Walking / standing			
Exercise / strenuous activity			
Work / household tasks			
Bathing / showering			
Food / fluid restriction			
Travel			
Other precaution			

What I Am Allowed to Do

Knowing what is safe can be just as important as knowing what to avoid. Record activities your healthcare team has approved, including any limit, assistance, equipment, or pacing instruction.

Approved Activity	Limit / How Much / How Often	Assistance or Equipment Needed	Who Confirmed / Date

An activity I want to increase or resume but have NOT yet been cleared for:

Question I need answered before I change my activity:

Movement, Mobility & Equipment Instructions

Walking or mobility instructions:

Weight-bearing instructions, if applicable:

Stairs or transfer instructions:

Exercise, therapy or activity limits:

EQUIPMENT I USE NOW

- ☐ Walker
- ☐ Cane
- ☐ Wheelchair
- ☐ Brace / splint
- ☐ Shower chair
- ☐ Grab bars
- ☐ Raised toilet seat
- ☐ Other

When / how I have been told to use the equipment:

Help I need from another person:

Help I Need at Home

Planning help before it is needed can make recovery safer and easier to manage.

Area	What Help Do I Need?	Who Can Help?	Still Need to Arrange?
Meals / hydration			
Transportation			
Personal care			
Medications			
Household tasks			
Shopping / errands			
Appointments			
Child / pet care			

The most important help I still need to arrange:

Who I will ask or contact:

Warning Signs & Who to Contact

Write the warning-sign instructions YOUR healthcare team has given you. Different procedures and conditions have different concerns. Do not rely on this worksheet to decide whether something is an emergency.

Call my healthcare team if I notice:

Seek urgent evaluation if I notice:

Call 911 or seek emergency help if I notice:

Person / Office	Phone / Contact	When I Was Told to Contact Them

If you believe you are experiencing a medical emergency, call 911 or your local emergency number.

When My Recovery Plan Changes

Recovery plans change. Record new instructions so an older direction is not mistaken for the current one.

Date	What Changed?	Who Gave / Confirmed the Instruction?	What Old Instruction Does This Replace?

Where else does this change need to be updated? (calendar, medication list, caregiver instructions, therapy plan, etc.)

Anything about the new plan that is still unclear:

Before I Try Something New

Use these questions when you are unsure whether an activity is appropriate at your current stage of recovery.

What activity do I want to try, resume, or increase?

What specific concern or restriction might apply?

What has my healthcare team already told me about this activity?

Would I need assistance, equipment, a modified way to do it, or a gradual return?

What question do I need answered before I begin?

Who should I ask?

Answer / instruction I received:

Date confirmed: _____ Confirmed by: _____