

Recovery Journey Map

See the whole road - not only the problem in front of you.

A complicated recovery may become a series of recoveries. Surgery can be followed by a complication, treatment, progress, a new finding, another procedure, and another period of recovery. When the latest problem takes most of your attention, the earlier parts of the journey can become difficult to see.

WHAT BELONGS ON THE MAP

Record the major events that changed the course of recovery: the original surgery, important complications or findings, hospital returns, treatments, procedures, changes in restrictions or plans, and milestones that mattered to you. You do not need to record every appointment.

THIS IS YOUR OVERVIEW - NOT YOUR MEDICAL CHART

Approximate dates are fine when exact dates are not available. Use your medical records for detailed clinical information. This map is meant to help you remember the sequence, explain the journey to a new healthcare professional, and recognize how much has happened over time.

The surgery, illness, or event that began this recovery:

Approximate date recovery began:

What I originally expected recovery to look like:

The first major event that changed that expectation:

My Recovery Journey - The Road So Far

Start with the earliest major event and move forward. Add only events that changed the recovery, the treatment, the plan, or daily life.

Date / Approx. Date	Major Event or Turning Point	What Changed Because of It

The turning point that changed my recovery the most:

Something important about this part of the journey I do not want to forget:

My Recovery Journey - Continued

Continue the sequence. Include a new treatment, procedure, readmission, important test result, change in restrictions, or meaningful improvement when it altered what came next.

Date / Approx. Date	Major Event or Turning Point	What Changed Because of It

The event that was hardest to adjust to:

The event that helped me see that something was moving forward:

How the Plan Changed Along the Way

The map shows what happened. This page helps you see how those events changed the recovery plan itself. It can also help when a new clinician needs a concise overview.

Date / Change	What the Plan Was Before	What the Plan Became

The biggest difference between my original plan and my current plan:

A previous instruction or expectation that is no longer current:

Current plan or instruction I want to be sure a new clinician understands:

Progress That Can Be Easy to Miss

Progress during a complicated recovery is not always a straight line. A setback does not become positive simply because you later improve. But looking across a longer stretch of time can reveal changes that are hard to notice from one difficult day to the next.

Earlier in Recovery	What Is Different Now?	What Helped or Made It Possible?
Mobility / movement		
Daily activities / independence		
Pain / comfort / stamina		
Treatment or self-care routine		
Confidence / understanding		
Support I need		

A milestone that mattered to me even if it seemed small:

Something I can do, manage, or understand now that was harder before:

A part of recovery that is still difficult and deserves patience:

Where I Am Now

A changing destination does not erase the road already traveled. This page is a current marker - a way to describe where recovery stands now without pretending you know exactly where it will end.

MY CURRENT STARTING POINT

What I can manage right now:

What is difficult, restricted, or still requires help:

What my healthcare team wants me to work toward next:

One meaningful milestone I am watching for:

WHAT THE WHOLE MAP SHOWS ME

When I look back across the entire journey, I notice:

Something I have learned about myself, my care, or the support I need:

What I want a new healthcare professional to understand about this journey:

Date I reviewed or updated this map:
