Walking plan after the new hip

Written out for Mum from the physio sheet. Little and often. Stop if it hurts more, not less.

WEEK	GOAL	WITH	DONE
1–2	Bedroom to kitchen and back, three times a day	Frame	✓
3–4	To the front gate and back, twice a day	Two sticks	✓
5	To the post box on the corner	One stick	✓
6	To the harbour wall (rest on the bench by the chip shop)	One stick and me	✓
7–8	Harbour wall and back without the bench	One stick	
9+	The cliff path, first flat mile, at Easter	Everyone	

Exercises every morning: ankle pumps, heel slides, ten of each. Ice after the long walks. Physio again on the 18th.