The following schedule gives you a **guideline** on how your activity and exercise will progress after your surgery.

<table>
<thead>
<tr>
<th>Step Levels</th>
<th>*MET Level</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 1           | 1.5        | Sit in a chair for meals.  
Walk to bathroom with help.  
Walk 30 feet with help (2 – 3 times).  |
| 2           | 2.0        | Sit in a chair for meals.  
Walk to bathroom with help as needed.  
Walk 3 times in hallway (2 – 4 minute walks).  
Complete 1 set of conditioning exercises.  |
| 3           | 2.5 – 3.0  | Sit in a chair for all meals.  
Walk to bathroom.  
Walk 3 times in hallway (4 – 6 minute walks).  
Complete one rehab session (5 – 10 minutes).  |
| 4           | 3.0 – 4.0  | Walk 3 – 4 times in hallway (4 – 6 minute walks).  
Complete 2 rehab sessions (10 – 15 minutes).  |
<table>
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<tr>
<th>Step Levels</th>
<th>* MET Level</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>3.0 – 4.0</td>
<td>Walk 4 – 6 times in hallway (4 – 6 minute walks). Complete 2 rehab sessions (15 – 20 minutes).</td>
</tr>
</tbody>
</table>

* MET = Metabolic Equivalent. It is a measure of how much energy it takes your body to do an activity. Sitting at rest = 1 MET. Climbing stairs = 2 METS. Taking a shower = 2.5 – 3.0 METS. Taking wet laundry out of the washing machine = 4.0 METS.

- Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.