

ACTIVITY FOLLOWING TOTAL HIP AND KNEE REPLACEMENT

After surgery, your hip and/or knee replacement will wear at a slow pace. The heavier, younger and more active you are, the faster the wear process will be. Excessive wear of your arthroplasty is initially a silent problem (will cause no pain), but in the long term, it will result in loss of bone around your joint (osteolysis). Osteolysis can eventually lead to the failure of your prosthesis which may then need to be re-operated. Enclosed please find the activities that you can safely do, those which you can do if you have experience, and those you should avoid. Please remember that the recommended physical activities should be performed **in moderation**.

Allowed: Walking, swimming, water aerobics, low impact aerobics, road bicycling, stationary bike, golf (preferably with cart), croquet, shuffleboard, bowling, gentle hiking, dancing, horse shoes, shooting, fishing.

Allowed with Experience: Jazz dancing, square dancing, fencing, stationary cross-country skiing, cross-country skiing, downhill skiing, intermediate slopes (no moguls), ice skating, roller/inline skating, light weight lifting (sitting or lying down), light weight machines, tennis (on soft court, social, not competitive, doubles).

Not recommended: High impact aerobics, baseball/softball, basketball, football, lacrosse, soccer, gymnastics, handball, hockey, volleyball, jogging, running, singles or competitive tennis, racquetball, squash, rock climbing, horseback riding, canoeing

Please, use your judgment to adapt the physical activity according to your age, general physical condition and experience. **If in doubt, be cautious and protective of your joint replacement.**

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