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After Total Replacement of the Hip or Knee Recommended Long-Term Exercise Activities

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After joint replacement surgery, the emphasis should be on restoring function lost to years of painful osteoarthritis. Long term exercise demonstrates significant lifestyle and health benefits. Nevertheless, stress on your joint replacement should be minimized to avoid excessive wear and tear that would reduce the longevity of your implant. Intensity of exercise activities should be adjusted so they are painless, but still promote cardiovascular fitness. Running and jumping should be avoided, and shoe wear should include cushioned heels and insoles. If in doubt, consult with your doctor or physical therapist for advice.

The first activity undertaken immediately after joint replacement should be walking. Walking should be part of your daily exercise routine. You should bear in mind that replaced joints should not be placed at the extremes of motion. For instance, deep squatting exercises would not be recommended for a total knee or hip replacement patient. The following list of activities are generally safe for joint replacement patients as outlined. Again, consult your doctor or physical therapist if you have questions on safe activities after joint replacement surgery.

Very Good Activities; Highly Recommended

- Stationary Bicycling
- Ballroom Dancing
- Square Dancing
- Golf
- Stationary (Nordic Track) Skiing
- Swimming
- Walking

Good Activities; Recommended

- Bowling
- Speed Walking
- Ping Pong
- Cross-country Skiing
- Weight Lifting

Needs Prior Level of Skill; Proceed Cautiously

- Bicycling (street)
- Canoeing
- Horseback Riding
- Ice Skating
- Downhill Skiing (gentle slopes, no moguls)
- Nautilus Exercises

With Care, Consult with your Doctor BEFORE Proceeding

- Jazz Dancing
- Calisthenics
- Aerobic Exercise Classes
- Rock Climbing
- Inline Skating
- Doubles Tennis
- Step Machines (for hip replacement patients)
- Rowing (for hip replacement patients)

AVOID the Following Activities

- Baseball
- Football
- Basketball
- Softball
- Handball
- Jogging
- Raquetball
- Lacrosse
- Soccer
- Volleyball
- Singles Tennis

