

EXERCISE AFTER TOTAL JOINT REPLACEMENT SURGERY

Although some kinds of exercises are restricted after total joint replacement, exercise itself is important for the health of the patient and strong muscles and ligaments help to stabilize the prosthesis. Patients should exercise but should stay away from activities that jar or stress the joint. For more detailed instructions please refer to your exercise handout for Total Hip or Total Knee Replacement

REMEMBER PERMANENT RESTRICIONS:

Impact loading activities such as tennis, racquetball, jogging and jumping or lifting heavy objects (greater than 20lbs.) are to be avoided. Activities that require bending at the waist more than 90 degrees must be carefully performed keeping the knees apart. Extremes of motion can cause dislocation.

Exercises such as swimming and bicycle riding are encouraged. Walking a reasonable amount (less than a mile) is also good exercise. You should wear shoes that have a cushioned heel to avoid impact loads on the knee while walking.