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Activity and Athletics after Hip Replacement Surgery:

With increasing frequency, patients who have a hip replacement expect to, and choose to, participate in athletics following rehabilitation. In general, patients who have had a hip replacement decrease their participation in, and intensity of, athletic activity following hip replacement surgery.

After surgery your hip replacement will wear at a low rate. The heavier, younger, and more active you are, the faster the wear process will be. Excessive wear of your joint replacement 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 that may then require a revision (repeat) surgery.

Enclosed, please find the activities that you can safely do, those that you can do if you have experience, and those you should avoid. Please remember that the recommended physical activities should be performed in moderation. These activities are based on guidelines/recommendations from leading hip replacement surgeons in the United States (Klein et al. JOA 2007).

| Consensus Guidelines for Return to Activities by the Hip Society and AAHKS | | | |
|--|-----------------------|----------------------|----------------|
| Allow | Allow With Experience | Not Allowed | Undecided |
| Golf | Downhill skiing | Racquetball | Martial arts |
| Swimming | Cross-country skiing | Squash | Singles tennis |
| Doubles Tennis | Weightlifting | Contact sports | |
| Stairclimber | Ice Skating | Football | |
| Walking | Rollerblading | Basketbal | |
| Speed Walking | Pilates | Soccer | |
| Hiking | | High-impact aerobics | |
| Stationary Skiing | | Baseball | |
| Bowling | | Softball | |
| Treadmill | | Snowboarding | |
| Road Cycling | | | |
| Stationary Bike | | | |
| Elliptical | | | |
| Low-impact aerobics | | | |
| Rowing | | | |
| Dancing | | | |
| Weight Machines | | | |

Please use your judgement to adapt the physical activity according to your age, general physical condition, and experience. If in doubt, be cautious and protective rather than aggressive and abusive. In general, contact sports and high impact activities should be avoided and are not recommended.

Please feel free to discuss your return to activity with your surgeon. Remember, you had the surgery to regain an active and enjoyable life.

Pramod Achan