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Activity and Athletics after Knee Replacement Surgery:

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

After surgery your knee 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 knee replacement surgeons in the United States (Healy JBJS 2008).

Guidelines for Return to Activities by the Knee Society			
Allow	Allow With Experience	Not Recommended	Undecided
Bowling	Rowing	Basketball	Fencing
Stationary Bike	Ice Skating	Football	Roller skating
Ballroom Dancing	Cross-Country Skiing	Jogging	Weight lifting
Golf	Stationary Skiing	Soccer	Baseball
Shuffleboard	Doubles Tennis	Volleyball	Gymnastics
Swimming	Horseback Riding		Handball
Normal Walking	Downhill Skiing		Hockey
Canoeing			Rock climbing
Road Cycling			Squash
Square Dancing			Racquetball
Hiking			Singles Tennis
Speed Walking			

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.

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