

Orthopaedic Connection

Activities You Can Do After Total Knee Replacement

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Transforming patient information into patient understanding.

As I closed last week we listed the activities which I do not recommend after total knee replacement.

This week I will accentuate the positive and give you Dr. Haverbush's list of activities recommended for total knee replacement patients.

Allowed Activities

- Walking
- Slow dancing
- Regular bike
- Stationary bike
- Golf
- Bowling
- Treadmill
- Low impact aerobics
- Swimming
- Shuffleboard

Patients often ask me, "How far can I walk?" The answer is any distance. You will never wear out your total knee prosthesis by walking.

Allowed Activities with some experience

- Mild to moderate biking
- Cross country skiing
- Stationary skiing (Nordic Trac)
- Faster walking
- Tennis, leisurely, non-competitive
- Certain weight machines
- Ice skating
- Rowing

Activities Probably Not Recommended

Roller blading
Inline skating
Downhill skiing

Bottom Line

I want your total knee replacement to last as long as you do. I know that the LCS total knee replacement is uniquely designed to do that. Because of its extremely low friction on the moving parts, the prosthesis can last indefinitely if you take care of it and don't overload it or damage it.

Once in a while you may hear about some athlete or famous person having a joint replaced and resuming some strenuous activity. Pay no attention to that, as it is by far the exception and not the rule. When that person's joint fails you probably won't hear about it.

This should give you a good idea of what I feel is possible for my patients (any patients) after a total knee replacement.

Office Website - Gratiot County Herald Archive

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You reach the GCH Archive of all previous articles through the website. All past articles are listed by title and the complete text is available at the click of the mouse.

All of this information pertains to everything I treat at the office and hospital. Please log on and check it out.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush