

# Activities You Can Do After Total Knee Replacement

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## *Transforming patient information into patient understanding.*

As I closed last week I promised you "Dr. Haverbush's list" of activities recommended for total knee replacement patients and those activities not recommended. Well, here goes!

### **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

### **Not Recommended at all**

- Running or jogging
- Singles tennis

Volley ball  
Basketball  
Football  
Hockey  
Gymnastics  
Soccer  
Racquetball

Too great a chance of injury. Too much stress on the parts. Why take a chance? You don't make a living doing those things. Take it easy.

### **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.

You are always invited to check out orthopaedic information on our office teaching website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com), which can take you to Your Orthopaedic Connection. We never close! Open twenty-four hours.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are Friday, August 7 and Friday, August 21, 2009.

Our goal is simple - To help people return to more pain free functional lives.

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

Be well.

Dr. Haverbush

