

**Lakeview Community Wellness Center
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 and Lakeview Area News Archive

The office website www.orthopodsurgeon.com is a great source for all the Orthopaedic and musculoskeletal information you need. All the Orthopaedic problems I treat are contained in the website and Your Orthopaedic Connection.

Lakeview Area News Archive of all past articles can be found on the website. The full text of every article! Check out this tremendous collection of information.

Orthopaedic Clinic

I appreciate your support of the Orthopaedic Clinic I have at Lakeview Community Wellness Center. All of the Orthopaedic problems I treat can be evaluated there. Approaching dates are May 20 and June 3, 2011. Patients can call 989-463-6092 for an appointment at the Clinic or at the office in Alma. No referral is necessary.

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