

**Lakeview Community Wellness Center
Orthopaedic Connection**

Activities You Can Do After Total Knee Replacement

By Thomas J. Haverbush, M.D.
Orthopaedic Surgeon

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.

Wellness Center Orthopaedic Clinic

I greatly appreciate your support of the Clinic I have every other Friday afternoon at 1:30 PM at the Lakeview Community Wellness Center. Everything I treat can be evaluated there.

Approaching Clinic dates are August 17 and September 7, 2012.

It's easy. Call 989-463-6092 for an appointment at Lakeview or at the Alma office.

I specialize in you. Be well.

Dr. Haverbush