

Taking Care of Your Replacement

Total joint replacement is a predictable and durable procedure. How you treat your new replacement will influence its longevity. Therefore, it is important to know which activities are permissible and which are not following a total joint replacement.

The benefits of an active lifestyle have been well-documented and we want you to be active. You will be instructed about limitations and should have good self-control and self-awareness when returning to recreational sports.

Recommended activities:

- Low impact activities (examples)
 - Cycling
 - Swimming
 - Walking
 - Hiking
 - Golf
 - Skiing (green/blue)

Discouraged activities:

- High-impact activities (examples)
 - Running
 - Rock climbing
 - Football
 - Basketball

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- Tennis (singles)
- Racquetball
- Gymnastics