Orthopaedic Connection

“What Will I Be Able To DO After My Total Knee?”

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Transforming patient information into patient understanding.

This question about activity after a total knee replacement is very pertinent. You read each week at the end of each article, I say our goal is simple – to help people return to more pain free, functional lives. It enters into almost everything I do as an Orthopaedic Surgeon. Relieve pain and improve function. Notice please, I did not say normal function.

It’s not that I don’t try to achieve normal function. But, realistically in the case of a total knee replacement can people get back to “normal”? Not as a rule. Well, this is a little preface to what are the realistic activities after total knee surgery and also a list of activities we don’t advise.

Allowed Activities
Walking
Slow dancing
Stationary bike
Traditional bike
Treadmill
Golf
Swimming
Bowling
Low impact aerobics
Shuffleboard

Allowed Activities with some experience
Hiking (mild to moderate)
Faster walking
Tennis (non-competitive)
Certain weight machines
Cross country skiing
Stationary skiing (Nordic Trac)
Ice skating

Activities probably not recommended
Roller blading
Inline skating
Downhill skiing
**Activities Not Recommended**
- Running
- Jogging
- Impact aerobics
- Singles tennis
- Racquetball, handball, squash
- Soccer, Football
- Basketball, Volleyball

**Summary**

There you have it. Dr. Havurbush’s list. It is certainly a situation where all doctors will not agree on all activities. This has worked well for my patients, however.

The bottom line is no matter what your age I want your LCS total knee replacement to last as long as you do. I know the prosthetic parts have a very long life expectancy due to the unique design of the LCS prosthesis. It has very low stress on the parts under normal conditions. Take care of it and it will not wear out or loosen in the joint.

For more information about knees log onto our office teaching website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com), which can take you to *Your Orthopaedic Connection*.

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

Be well.

Dr. Havurbush