

## Orthopaedic Connection

### "What Will I Be Able To DO After My Total Knee?"

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

#### ***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. Haverbush'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. Haverbush