

## 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.

#### **Gratiot County Herald Archive and Office Website**

What if I told you all the musculoskeletal information you need is in one place? It is! Log on to [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) and you will find -

- The office website and library
- Your Orthopaedic Connection
- Gratiot County Herald Archive of every article I have written (complete text at the click of a mouse).

It contains tons of information you or someone in your family can use.

All of the information available contains what I am treating daily in the office and hospital. I urge you to log on and check it out.

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