

## **Taking Care of Your Replacement**

Total 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 total knee 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
  - Tennis (singles)
  - Gymnastics