



*Better
Together*

Patient information

Long Term Management of your Hip or Knee Joint Replacement

Therapies Department
Royal Liverpool Hospital and Broadgreen Hospital
PIF 1430 V6

Following your discharge from physiotherapy, it is important to continue with some form of physical exercise. Having a regular exercise programme can have benefits on your overall health as well as being important to maintain mobility in your joint replacement.

Even a week of inactivity can lead to muscle wasting and decreased mobility.

On discharge from physiotherapy, your physiotherapist will give you advice regarding return to gym and sporting activities.

If you have had a hip joint replacement:

We advise patients who have had hip joint replacements to avoid, especially within the first three months:

- Bending their hip beyond 90 degrees i.e. bringing their knee above their hip.
- Crossing their operated leg over the unoperated leg.
- Undertaking the breaststroke when swimming.

These precautions reduce the possibility of dislocation.

If you have had a knee joint replacement:

The goal of a total knee replacement is to enable you to continue with normal daily activities without knee pain. The large majority of patients are able to achieve this goal.

Exercise after hip and knee joint replacement

Joining a gym is fine; in fact we positively encourage this. Using equipment such as the cross trainer and treadmill (but not at running speed) are good forms of exercise. You can practise these in physiotherapy before your discharge.

Undertaking Pilates is also fine provided you follow the advice given to you by your surgeon and your physiotherapist. Research is still being undertaken into the benefit of Pilates for joint replacement patients. Until more research studies are conducted always take the advice of your physiotherapist



We advise against high impact activities that involve jumping or prolonged running, for both total hip and knee joint replacements as these activities can reduce the life of the joint. Swimming, water exercises, cycling and cross-country skiing (and machines simulating it) can provide a high level of cardiovascular and muscular fitness without excessive wear on the joint replacement materials.

Here are some guidelines for sporting, leisure and workplace activities for patients who have had hip or knee joint replacements.

Recommended:	Not recommended:
<ul style="list-style-type: none">• Swimming (front crawl not breaststroke).• Water aerobics.• Cycling or static bike.• Golf.• Dancing (no high impact dancing).	<ul style="list-style-type: none">• Jogging or running.• Impact exercises, these may include things like Irish dancing.• Sports that require twisting such as aggressive tennis or basketball.• Contact sports.• Heavy labour (building site etc).

Please talk to your physiotherapist about Lifestyles Gym membership.

Further Information

Therapies Department

Tel: 0151 282 6276

Text phone Number: 18001 0151 282 6276

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Author: Therapies Department

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