

The first 20 weeks after joint replacement surgery

Postoperative rehabilitation and physiotherapy is beneficial after knee, hip, and shoulder arthroplasty. It is increasingly conducted in the community because of the short postoperative length of stay. There are, however, a number of restrictions for patients in the weeks following an operation.

- H THR (total hip replacement)
 - K TKR (total knee replacement)
 - S TSR (total shoulder replacement)
- } A All



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Encourage

A Swimming
A Golf

H K Aerobics
H K Dancing
H K Gentle walking

S Walking or hiking
S Cycling
S Light tennis

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Advise against

A Contact sports
H K Heavy labour

H K Sports requiring twisting
H K Impact exercises

H K Running
K Sitting cross legged
K Kneeling

S Sports requiring throwing or similar motions