

Sport after Knee Joint Replacements

All types of knee replacement are made of metal and plastic.

They cannot repair themselves.

The more you do with your knee the more likely it is to wear out.

Common-sense guideline for sport and leisure include:

Recommended

Swimming	Sedentary work (Desk job)
Water aerobics	Gentle aerobics
Cycling	Rowing
Exercise bike	Bowling
Golf	Dancing

Allowed

Hiking	Light labour
Gentle jogging	(Driving / Walking / Standing)
Gentle doubles tennis	Scuba diving
Gentle downhill skiing	Horse riding
Table tennis	Hunting
Canoeing	Ice skating

Not Recommended

Long distance running	Heavy labour
Impact exercises	Twisting turning sports
Karate	(Tennis / Football / Squash /
Contact sports (Rugby)	Basketball / Hockey)
Rock climbing	Parachuting
Hang gliding	