

AUTHORIZED SPORTS AFTER TKA

according to comorbidity, age, range of motion and stability, sports activities are possible ; waiting 3 to 6 months after a TKA is the current recommended waiting time for return to sporting .

- all sports with shocks, contacts and risk of falls are forbidden :waterskiing, football, baseball, basketball, hockey, handball, karate, soccer, and racquetball

-running, jogging is also contraindicated because of repeated constraints that increase wear and possibilities of early bone/implant loosening.

- Golf, cycling, swimming, walking,sailing, bowling, scuba are freely authorized

- speed walking, hiking,dancing, rowing, low-impact aerobics, alpine skiing, softball, volleyball,Tennis are possible (not in competitive way - specially on soft surface)

AUTHORIZED	UNDERCONTROL	FORBIDDEN
GOLF SWIMMING CYCLING BOWLING SAILING DIVING	SKATING TENNIS AEROBIC-GYM TONIC VOLLEY BALL MONTAIN WALK	JOGGING HANDBALL BASKETBALL RUGBY SOCCER AMERICAN FOOTBALL SKI SQUASH JUDO-KARATE

Anyway, it is possible to live without doing any sport; in that case exercices as walking are the best way to maintain muscle tonicity and good health.

NB : Overuse leads to Polyethylene wear, loosening, breakage of components, bone fracture round the implant, or dislocation.