

Resuming Activities after Total Hip Arthroplasty

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Time to Wait Before Resuming

ACTIVITY	0 - 4 Weeks	4 Weeks	6 Weeks	8 Weeks	10 Weeks	12 Weeks	16 Weeks+
Basketball	<i>AVOID</i>						
Bicycling, competitive	<i>AVOID</i>			OK →			
Bicycling, recreational	<i>AVOID</i>		OK →				
Climbing Ladders	<i>AVOID</i>				OK →		
Cutting Wood	<i>AVOID</i>			OK →			
Dancing	<i>AVOID</i>			OK →			
Driving a Large Tractor	<i>AVOID</i>			OK →			
Fishing/Boating (keep knees apart)	<i>AVOID</i>			OK →			
Four Wheeling	<i>AVOID</i>			OK →			
Gardening (keep knees apart)	<i>AVOID</i>		OK →				
Golfing, full swing	<i>AVOID</i>			OK →			
Golfing, putting and chipping	<i>AVOID</i>	OK →					
Hot Tub	<i>AVOID</i>		OK →				
Hunting, from the ground	<i>AVOID</i>		OK →				
Hunting, in a tree stand (no climbers; no hang-on stands)	<i>AVOID</i>				OK →		
Jet skiing	<i>AVOID</i>				OK →		
Kayaking	<i>AVOID</i>				OK →		
Kneeling (keep knees apart)	<i>AVOID</i>		OK →				
Mopping Floors on hands and knees	<i>AVOID</i>			OK →			
Motorcycling	<i>AVOID</i>			OK →			
Mowing Grass	<i>AVOID</i>	OK →					
Racquetball	<i>AVOID</i>					OK →	
Riding Horse	<i>AVOID</i>					OK →	
Running, competitively	<i>AVOID</i>						
Running, recreational	<i>AVOID</i>						
Shoveling Snow	<i>AVOID</i>			OK →			
Skiing, Cross Country	<i>AVOID</i>		OK →				
Skiing, Downhill	<i>AVOID</i>				OK →		
Snowboarding	<i>AVOID</i>				OK →		
Snowmobiling	<i>AVOID</i>			OK →			
Snowshoeing	<i>AVOID</i>	OK →					
Swimming	<i>AVOID</i>		OK →				
Tennis	<i>AVOID</i>			OK →			
Waterskiing	<i>AVOID</i>						OK →
Weight-training (but no deep squats)	<i>AVOID</i>		OK →				

***This is to be interpreted as a general outline during your recovery. Some changes can and will likely be made based on several factors specific to your individual situation.**