



## Resuming Sports/Activities after Hip Replacement Surgery

**WWPD (When Would Pete Do)**, BUT this is not medical or professional advice, so check w/your surgeon. Watch [How to Resume SPORTS after THR](#)

### EASE INTO EVERYTHING!

#### Low risk activities

*Why? Very little engagement of the hip, or only at moderate angles. Minimal impact. Especially if you remember to ease into them over several weeks.*

Sport / Activity	WWPD (When Would Pete Do)
Abdominal exercises	Around 4 weeks post-op with your doctor's approval
Biking (stationary)	After 2 week post-op checkup w/your doctor's approval
Driving	Around 4-6 weeks (check local laws)
Elliptical trainer	After 2 week post-op checkup w/your doctor's approval
Swimming (freestyle)	Around 8 weeks post-op with your doctor's approval
Walking	Anytime
Water aerobics (light)	Around 8 weeks post-op with your doctor's approval
Weight training (upper body)	After 2 week post-op checkup w/your doctor's approval

#### Moderate risk activities

*Why? This depends more on you than the activity itself, so approach them non-competitively and with low intensity. If your personality prevents you from holding back, then some of these could be high risk activities. Know yourself!*

Sport / Activity	WWPD (When Would Pete Do)
Golf (chipping and putting only)	After 6 week post-op checkup w/doctor's approval
Hiking	After 6 week post-op checkup w/doctor's approval
Pickleball (doubles, non-competitive)	Around 3-6 months post-op
Pilates	After 3 months post-op w/your doctor's approval
Skiing (cross-country)	After 6 week post-op checkup w/doctor's approval
Tennis (doubles, non-competitive)	Around 3-6 months post-op
Volleyball (non-competitive)	Around 2-4 months post-op



### **High risk activities**

*Why? Potential for impact on hard surface, rapid direction changes, collision with others, sudden trauma, fall, jump or twist before full osseointegration*

Sport / Activity	WWPD (When Would Pete Do)
Bowling	Around 3-6 months post-op
Dancing	After 6 months post-op
Golf	Around 3-6 months post-op
Pickleball (singles or competitive)	Around 9-12 months post-op
Running	Never, but if you must wait until 9-12 months post-op
Swimming (butterfly, etc.)	Around 6-9 months post-op
Tennis (singles or competitive)	Around 9-12 months post-op
Volleyball (competitive)	Around 6-9 months post-op
Weight training (lower body)	Around 6-9 months post-op

### **Very high risk activities**

*Why? Risk Multiplying activities where you have less control, accelerated speed, elevated height, etc.*

Sport / Activity	WWPD (When Would Pete Do)
Biking outdoors (paved)	Around 8-9 months post-op
Diving (Pool) Downhill skiing Horseback Riding Jet skiing Martial arts Mountain biking Riding a dirt bike Rock climbing Skydiving Water skiing	Around 9-12 months post-op

### **More resources and information about Total Hip Replacement**

Website: [hipvlog.org](http://hipvlog.org)

YouTube: [@Peteshipvlog](https://www.youtube.com/@Peteshipvlog)

Facebook: [Hip Replacement Support](https://www.facebook.com/HipReplacementSupport)

Instagram: [HipReplacementVlog](https://www.instagram.com/HipReplacementVlog)