

Total Hip Replacement Fitness Program - 3 months+ Exercise Do's, Don'ts

In this video, Alex and Mike give activity recommendations 3 months+ after Total Hip Replacement Surgery.

Do's

1. Walking
2. Cycling
3. Swimming
4. Cross Country Skiing
5. Low impact aerobics
6. Canoeing/kayaking
7. Golf

Don'ts

1. Contact sports - football, hockey
2. Baseball
3. Soccer
4. Jogging
5. Basketball
6. Heavy Lifting
7. High Impact Aerobics
8. Activities that require jumping