

Total Knee Replacement Fitness Program - 12 weeks After Surgery - Do's Don'ts and Nevers

In this video Alex and Mike give suggestions on activity Do's, Don'ts, and Nevers after Total Knee Replacement Surgery.

Note: Everyone will have different abilities at this point. Refer to your surgeon for specifics.

Do's:

- Bowling
- Golf
- Bicycling
- Low impact aerobics
- Doubles Tennis
- Swimming
- Light Hikes
- Dancing

Don'ts

- Downhill Skiing
- Cross Country Skiing
- Mountain Biking
- Canoeing
- Ice Skating
- Sailing
- Kayaking

Nevers

- Singles Tennis
- Jogging/Running
- Squash/Racquetball
- Basketball (competitive)
- High Impact Aerobics
- Weight Training (Heavy Lifting)