



## Pocket guide

# Sports and exercise after hip replacement

Recover and return to your favourite activities post-hip replacement. Understand the key aspects of sports, exercise, and self-pay options.

### Can you do sports after a hip replacement?

**Yes**

- Encouraged activities: low-impact sports like golf, cycling, hiking, and gardening.
- Discouraged activities: high-impact sports (e.g., rugby, martial arts)

Always follow your doctor's advice for personalised guidance on what's best for you.

### When is it safe to get back into exercise?



**During recovery**

**6 - 12 months\***

Early exercises: you can begin specific exercises as advised by your doctor and physiotherapist.

Once your hip has fully recovered, you should be able to do a wider range of exercise.

\*Caution is key: high-impact sports might not be feasible, even after a full recovery; avoid excessive stress on the new hip joint.

### What is the best exercise after a total hip replacement?



**Walking**

Considered the best exercise for promoting hip movement and being low-impact.

The best post-operative exercises are strengthening exercises - ones that target the operated leg and gradually increasing in intensity.

## What activities should be avoided after a hip replacement?



- **High-impact activities** - activities such as rugby, football, and martial arts should be avoided.
- **Activities with un-natural positions** - be mindful of positions that may strain the new hip, such as sitting cross-legged or bending beyond 90 degrees.

## The importance of sports and exercise after hip surgery



- **Muscle strengthening:**  
Regular exercise enhances muscle strength around the artificial joint.
- **Overall wellbeing:** Benefits include improved flexibility, mental wellbeing, and general fitness levels.
- **Weight management:** Maintain a healthy weight to reduce stress on the new hip joint.

## Specific sports activities after a hip replacement



- **Running and jumping:** generally not recommended unless advised by your doctor.
- **Jogging:** considered high-impact, caution advised.
- **Cycling:** highly recommended as a low-impact activity.
- **Squats:** possible after a few months with doctor approval.
- **Yoga:** most positions are acceptable but consult your doctor.

## Tips for getting back into exercise safely



- **Individualised advice** - Consult your doctor for personalised guidance.
- **Use recovery tools** - Consider assistive devices like crutches or walking frames.
- **Gradual return** - Safely reintroduce activities to prevent damage to the new hip.

# Private Hip Replacement Surgery

Explore our private hip replacement surgery option for a quick recovery. Surgery within 4-6 weeks, costing £10,720.

Contact us at **0330 818 9933** or submit an enquiry



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