

Return to Athletic Activity after Total Hip Arthroplasty

Consensus Guidelines Based on a Survey of the Hip Society and
American Association of Hip and Knee Surgeons

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Consensus Guidelines for Return to Activities by the Members of the HS and AAHKS

Allow	Allow With Experience	Not Allowed	Undecided
Golf	Downhill skiing	Racquetball/squash	Martial Arts
Swimming	Cross-country skiing	Jogging	Singles tennis
Doubles Tennis	Weightlifting	High-impact aerobics	
Stairclimber	Ice Skating/rollerblading	Baseball/softball	
Walking	Pilates	Snowboarding	
Dancing (ballroom, jazz, square)		Contact sports (football, basketball, soccer)	
Hiking			
Stationary skiing			
Bowling			
Treadmill			
Road cycling			
Stationary bicycling			
Elliptical			
Low-impact aerobics			
Rowing			
Speed walking			
Weight machines			

Time Interval Recommended Before Allowing Return to Activities After THA

Time Interval (mo)	AAHKS (%)	HS (%)	Combined (%)
0-1	0.8	0	0.6
1-3	32.5	24	32
3-6	60.4	71	59
6-12	5.1	2	5
>1 year	0.6	2	0.6

Recommend:
Three months to return to active sports.
Golfing: Pitch and putt at 6 weeks.