

Resuming Duties after Hip Resurfacing

ACTIVITY	Time to Wait Before Resuming							
	0-6 Weeks	6 Weeks	6 - 8 weeks	8 - 10 weeks	10 Weeks	12 weeks	6 MONTHS	9 MONTHS+
Basketball	AVOID →						OK	
Bicycling, competitive	AVOID			→ OK				
Bicycling, recreational	AVOID		OK →					
Climbing Ladders	AVOID					OK →		
Cutting Wood	AVOID					→ OK		
Dancing	AVOID			→ OK				
Driving a Tractor	AVOID		OK →					
Fishing/Boating	AVOID			→ OK				
Gardening	AVOID					→ OK		
Golfing, full swing	→ AVOID				OK			
Golfing, putting and chipping	AVOID	OK →						
Hot Tub	AVOID		→ OK					
Hunting, from the ground	AVOID	OK →						
Hunting, in a tree stand <i>(all kinds)</i>	AVOID					OK →		
Jet skiing	AVOID					OK →		
Kayaking	AVOID					OK →		
Kneeling	AVOID					OK →		
Mopping Floors, <i>on hands and knees</i>	AVOID					OK →		
Motorcycling	AVOID →					OK		
Mowing Grass	AVOID		OK →					
Racquetball	AVOID					OK →		
Riding Horse	AVOID					OK →		
Running, competitively	AVOID							→ OK
Running, recreational	AVOID →						OK	
Shoveling Snow	AVOID			OK →				
Skiing, Cross Country	AVOID			→ OK				
Skiing, Downhill	AVOID					OK →		
Snowboarding	AVOID →					OK		
Snowmobiling	AVOID		OK →					
Snowshoeing	AVOID →					OK		
Swimming	AVOID		OK →					
Tennis, doubles	AVOID			→ OK				
Tennis, singles	AVOID					OK →		
Waterskiing	AVOID					OK →		
Weight-training <i>(but no deep squats)</i>	AVOID					OK		