

Resuming Duties after Posterior Total Hip Arthroplasty

Time to Wait Before Resuming

ACTIVITY	Time to Wait Before Resuming								
	0 - 4 Weeks	4 Weeks	6 Weeks	6 - 8 Weeks	8 - 10 Weeks	10 Weeks	12 Weeks	16 Weeks+	
Basketball	AVOID								
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 (keep knees apart)	AVOID						OK		
Gardening (keep knees apart)	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 (no climbers; no hang-on stands)	AVOID						OK		
Jet skiing	AVOID						OK		
Kayaking	AVOID								
Kneeling (keep knees apart)	AVOID						OK		
Mopping Floors on hands and knees	AVOID								
Motorcycling	AVOID						OK		
Mowing Grass	AVOID			OK					
Racquetball	AVOID						OK		
Riding Horse	AVOID						OK		
Running, competitively	Not recommended								
Running, recreational	Not recommended								
Shoveling Snow	AVOID				OK				
Skiing, Cross Country	AVOID				OK				
Skiing, Downhill	AVOID						OK		
Sleeping on your side	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 (but no deep squats)

AVOID

OK