

Q:

What can I do, if anything, for the best possible outcome of my joint replacement surgery?

A:

Be prepared and ask questions. Research your surgery and the rehabilitation process ahead of time, know what the surgery can do and what it cannot do, line up sufficient help, stay active or get as active as you can ahead of time. If you need help improving your fitness, you may want to perform physical therapy “prehab.” If you’re overweight, losing weight will reduce stress on your joints. Once you decide to have surgery, follow the recommendations of your care team.



REALISTIC EXPECTATIONS OF **HIP REPLACEMENT SURGERY**

An important factor in deciding whether to have hip replacement surgery is understanding what the procedure can and cannot do. Most people who undergo hip replacement surgery experience a dramatic reduction of hip pain and a significant improvement in their ability to perform the common activities of daily living.

With normal use and activity, the material between the head and the socket of every hip replacement implant begins to wear. Excessive activity or being overweight may speed up this normal wear and cause

the hip replacement to loosen and become painful. Therefore, most surgeons advise against high-impact activities such as running, jogging, jumping, or other high-impact sports.

Realistic activities following total hip replacement include unlimited walking, swimming, golf, driving, hiking, biking, dancing, and other low-impact sports.

With appropriate activity modification, hip replacements can last for many years.