

Activities after a Knee Replacement

Allowed	Allowed w/ Caution	Not Generally Recommended	Discouraged
<ul style="list-style-type: none">• Walking• Stationary Bike• Stairs• Elliptical• Low-Impact Aerobics• Golfing• Bowling• Swimming	<ul style="list-style-type: none">• Skiing• Doubles Tennis• Hiking• Weight Machines• Canoeing• Road bicycling• Table Tennis	<ul style="list-style-type: none">• Singles Tennis• Volleyball• Softball• Mountain Biking• Hockey• Gymnastics	<ul style="list-style-type: none">• Kneeling• Baseball• Basketball• Football• Jogging• Martial Arts• Soccer