

## 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

Brett R. Levine, MD, MS, Gregg R. Klein, MD, William J. Hozack, MD, Eric J. Strauss, MD,  
James A. D'Antonio, MD, William Macaulay, MD, and Paul E. Di Cesare, MD

*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