

Winter Warriors: Getting back to life after hip and knee replacement

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1



OBJECTIVES

- Review the demographics of joint replacement patients
- Understand the expectations of active older (and younger) adults
- Discuss safe(est) activities following joint replacement

2

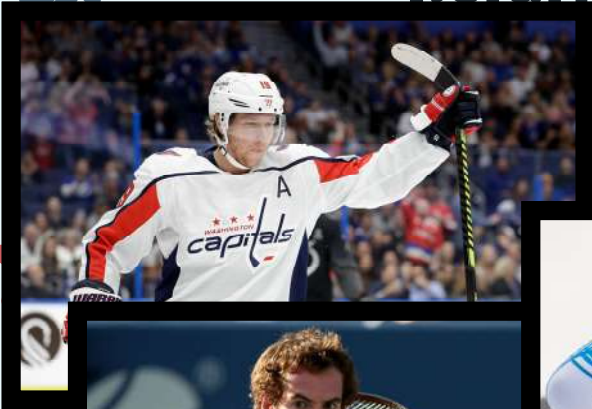
Who is getting joint replacements in 2025?



- Average Age:
 - THA 65yo
 - TKA 66yo
- Under 50 fastest growing demographic
- 40% of TKA patients are under 65
- Higher Expectations

3

Return to sports?



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What activities are safe?



- Depends
 - Pre-op activity level
 - 71% of “recent skiers”
- Gradual Return
- Key is rehab/training and team communication

5

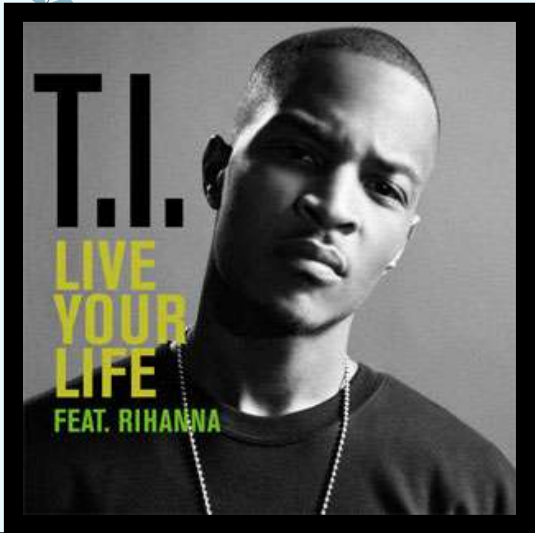
What are the concerns?



- Fracture
- Dislocation (hips)
- Wearing out components?
- Loosening?

6

What should patients do?



- Be smart
- Ease into/back into activities
- Active >>> sedentary
- No falling, bungee jumping, or skydiving

7

Summary



- Goal is more active after hip/knee replacement
- Be smart
- Ease back
- Teamwork/Communication

8

References

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9

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Thank you for everything you do for your patients and for trusting us to care for them!



10