

TIPS FOR EXERCISE AFTER knee replacement

After a knee replacement, you may want to get back on your feet. Follow these tips when you're ready to exercise again:

- Ask your doctor before you try any new exercise.
- Continue to do the exercises your doctor or physical therapist prescribed.
- Consider swimming, biking and walking, as they're easy on the knees.
- Limit or avoid high-impact exercise like running, skiing or racquetball.

Source: American Academy of Orthopaedic Surgeons