

## Welcome to the: Orthopaedic Opinion Online Website

The website for the answer to all your Orthopaedic Questions

- **Orthopaedic Opinion Online** is a website designed to provide information to patients who have orthopaedic and musculoskeletal problems and are undergoing treatment.
- **Patient information** is provided in the form of downloadable information sheets.
- **Orthopaedic advice** and second opinions can be provided by our expert internationally renowned Consultant Orthopaedic Surgeons.
- **Online review** of patients' X rays or MRI scans can also be provided and any proposed treatment plans reviewed.
- **Book a clinical consultation** with one of our internationally renowned consultant orthopaedic surgeons in Bristol or London.
- **Orthopaedic reports** can be provided for Injury or Accident Claims and Medical Negligence claims.

**This Patient Information Sheet is provided by Orthopaedic Opinion Online**

## Returning to Sport After Joint Replacement



**Author:**

**DAVID P JOHNSON**  
MB ChB FRCS FRCS(Orth). MD  
Consultant Orthopaedic Surgeon  
[www.Bristol-Knee-Clinic.co.uk](http://www.Bristol-Knee-Clinic.co.uk)

Total hip or knee replacement has been undertaken for 40 years or more, and currently over 100,000 joint replacements are undertaken in the UK each year. They have become some of the most commonly performed and successful surgical procedures in respect of improvement in symptoms and restoration of function. A new minimally invasive technique for knee replacement allows most people to continue with their sports after surgery. Indeed, a new low-friction ceramic knee joint (Oxinium) has been developed to last longer for the more active younger patient, and technology is advancing all the time. These latest techniques are designed to achieve and improve rapid patient recovery, rehabilitation and subsequent patient outcome.

Following surgery patients can usually expect to return to driving after 4-6 weeks providing the joint is pain-free and they have control of the car. Swimming is often possible 3-6 weeks after hip replacement and return to golf, gentle tennis or badminton may take between 6 and 12 weeks. Rehabilitation following knee replacement can be expedited by resisted exercises and training, and should be performed prior to undertaking more vigorous sports. Mr David Johnson, Consultant Orthopaedic Surgeon, specialises in knee surgery and joint replacement and is internationally recognised, regularly lecturing at national and international meetings to orthopaedic surgeons. Having been a national and international basketball player and county U19 rugby player, he appreciates and takes account of the demands and concerns of sports people of all ages.

Consultations with Mr Johnson are available now at the Nuffield Hospital Bristol. For more information or to make an appointment please contact Mr Johnson's secretary on: **0117 9706655** or via e-mail: [boc@orthopaedics.co.uk](mailto:boc@orthopaedics.co.uk). More information is available on the web site.

[www.orthopaedics.co.uk](http://www.orthopaedics.co.uk)

Disclaimer: The views expressed in this article are not necessarily those of Orthopaedic Opinion Online or the author. The information is provided for general background reading only and should not be relied upon for treatment. Advice should always be taken from a registered medical practitioner for individual circumstances and for treatment of any patient in any circumstances. No liability is accepted by Orthopaedic Opinion Online, or the author in respect to the information provided in respect of the content or omission or for any reason or as a result of treatment in individual circumstances. This information is not for use in the USA.