

PLAYING SPORTS AFTER KNEE REPLACEMENT

Margheritini F^{1,2}, Winkler G³

¹University of Rome Foro Italico Italy;

²International Knee & Joint Centre, Abu Dhabi, UAE;

³University of Rome Tor Vergata, Rome, Italy



In the last decades, Total Knee Arthroplasty (TKA) and Unicompartmental Knee Arthroplasty (UKA) has become the most performed intervention in patients suffering from degenerative arthritis. Thanks to the excellent results obtained, there are increasing numbers of young patients who undergo knee arthroplasty.

These patients are becoming more demanding in terms of quality of life, age-appropriate range of motion, work, recreational activities or sports after knee surgery.

Patients involved in athletic activity prior to total joint replacement may want to resume these activities, while some other patients want to increase their level of physical activity.

Several studies have been conducted to assess what the sports activities recommended after knee replacement surgery were. It has been observed that the level of activity after surgery was strongly linked with the sport previously performed by the patient and the expectations of the patient. It is not clear how much athletic activity should be reasonably allowed or recommended following knee arthroplasty in order to promote durability and survival of the implant (1).

Arthroplasty patients are advised to avoid high-impact activity, but recent studies have shown that patients may be able to participate in these sports without risk of early implant failure, and better clinical results (2, 3).

References

1. Bonnin M, Laurent JR, Parratte S, Zadegan F, Badet R, Bissery A. Can patients really do sport after TKA? *Knee Surg Sports Traumatol Arthrosc* 2010; 18(7): 853-862
2. Jahnke A, Mende JK, Maier GS, Ahmed GA, Ishaque BA, Schmitt H, Rickert M, Clarius M, Seeger GB. Sports activities before and after medial unicompartmental knee arthroplasty using the new Heidelberg Sports Activity Score. *Int Orthop* 2014 Sep 26. [Epub ahead of print]
3. Walker T, Gotterbarm T, Bruckner T, Merle C, Streit MR. Return to sports, recreational activity and patient-reported outcomes after lateral unicompartmental knee arthroplasty. *Knee Surg Sports Traumatol Arthrosc*. 2014 Jun 25. [Epub ahead of print]