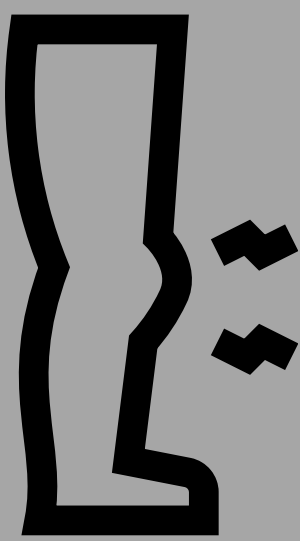
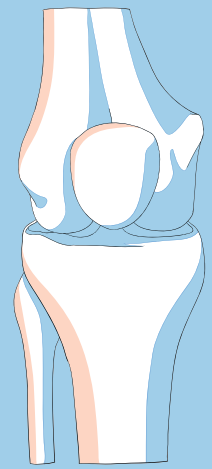


PHYSICAL ACTIVITY FOLLOWING SURGERY

DEFICITS OF PHYSICAL ACTIVITY

- Less time physically active & lower daily steps
 - Continued years after surgery
 - More pronounced in females
- Reporting no pain and good function
 - NOT matching with activity levels
 - Still less active than peers



EFFECTS OF LESS ACTIVITY

- Poorer self-reported knee function
- Increased risk of poor health outcomes
- Increased risk arthritis and future joint replacement
- Not returning to sport/activity previously in
 - If returning to sport/activity, many having difficulty staying in sport/activity

PHYSICAL ACTIVITY RECOMMENDATION

- Remain physically active outside & beyond therapy
 - Follow guidelines below
 - Do things you enjoy!
 - Change attitude to being positive toward activity
- Check in with therapist if questions about physical activity

CHILDREN & ADOLESCENTS PHYSICAL ACTIVITY GUIDELINES

- 60 minutes+ physical activity/day
 - Aerobic: 60 minutes+, 3x/week
 - Muscle strengthening: 60 minutes+, 3 days/week
 - Bone strengthening: 60 minutes+, 3 days/week

ADULT PHYSICAL ACTIVITY GUIDELINES

- 150 to 300 minutes moderate activity/weekly
- 75 to 150 minutes vigorous activity/weekly
- Muscle strengthening: 2x/week
- Step count: 7000-8000 steps/day

PHYSICAL ACTIVITY IN ACTION



- Start being physically active early in recovery
- Use fitness technology to track steps & activities
- Be active with friends!
- Find activities you enjoy and stick with them
 - Use examples below

PHYSICAL ACTIVITY EXAMPLES



Muscle
Strengthening
& Aerobic Activity

Aerobic Activity



Aerobic Activity &
Potential Muscle
Strengthening
(lifting/carrying)

Muscle
Strengthening, Bone
Strengthening, &
Aerobic Activity



Muscle
Strengthening
& Aerobic Activity

Muscle & Bone
Strengthening
Activity with
Stretching



Muscle
Strengthening
& Aerobic Activity