

Hip Replacement: When Can You Be Active Again?

So, you've had your hip replacement.

Now your job is to make your hip strong again.

And you may be wondering: How long will it be before you're walking on your own, driving, or doing your favorite activities?

Well, it's different for everyone.

But there are a few general markers you can use to track your progress.

Talk to your care team to see what they think will happen.

Some people are able to do things sooner than others.

Soon after your surgery, your hip will begin to get stronger, and you won't get tired as quickly.

And you'll notice your hip will continue to improve over time.

Within 3 to 6 weeks, you'll probably be able to start everyday activities.

This may include things like helping out with dinner or doing easy household chores.

And a short trip with someone to do an errand may be possible.

But you may be moving slowly.

For the first few weeks, you'll need help moving around.

Everyone heals differently.

Many people start with a walker.

Later, you might use crutches or a cane.

You'll probably be able to walk on your own when you have less pain, can bear your full weight, and can safely move around without falling.

Now, it may take some time before you can drive.

This depends on things like which hip was replaced, how you're recovering, and if your car has an automatic transmission.

Work with your doctor to determine when the time is right for you.

And if you work outside of the home?

Most people are able to return to work between 4 weeks to 4 months.

It depends on the type of work you do.

So how well will your hip work?

As it improves over the next few months, you'll gradually be able to do most of your favorite activities.

Now your doctor may ask you not to run or do activities that put a lot of stress on your hip.

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But talk to your doctor about activities you'd like to do.

They may be possible.

So what can you do to help your hip get better?

First, follow your care team's instructions for your exercises.

Start at an easy level, and slowly increase the intensity.

Aim for slow improvement over time.

Second, slow down or take a break if you start to have pain or swelling.

But then try to do a little more when you feel better.

And finally, track how well you're doing.

Use a notebook, app, or a computer to record your progress.

It will take time to make your hip strong.

But by following your program for getting better, you'll get the most you can from your new hip.