Can I Run After a Hip Replacement?

SCAN TO WATCH VIDEO

A total hip replacement can return patients to an extraordinary level of activity. Walking, cycling, and swimming are strongly encouraged. For some patients, running and jogging are also achievable with appropriate guidance and assessment. The goal at Orthopaedics 360 is not just pain relief — it is restoring the active, fulfilling life every patient deserves.

THE TECHNIQUE

01 Recovery Milestones
Walking independently within days; full recovery at 6–12 weeks.

02 Low-Impact Exercise
Swimming, cycling, and walking are strongly encouraged.

03 High-Impact Considerations
Running places stress on the implant and is assessed case by case.

04 Return-to-Sport Planning
Discussed with your surgeon and physiotherapist at follow-up.

AT A GLANCE

WALKING	Week 1 Post-Op
RECOVERY	6–12 Weeks
LOW IMPACT	Strongly Encouraged
RUNNING	Case by Case

> "The goal is to get you back to the life you love."
> — Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. When can I return to exercise?
Low-impact activity such as walking and swimming can begin within weeks. High-impact sport is reviewed at 3 months.

Q. Does running damage the implant?
High-impact loading may accelerate wear over decades. Your surgeon will advise based on your implant and lifestyle.

Q. What activities are recommended long-term?
Cycling, swimming, golf, hiking, and doubles tennis are all excellent choices that minimise implant load while keeping you active.

ABOUT THE SURGEON

Dr Chien-Wen Liew exclusively performs total hip replacements via the direct anterior approach and total knee replacements via kinematic alignment only. He utilises patient-specific technology for both procedures, and practices from Orthopaedics 360 — within the Eastwood Private Hospital Precinct.

Dr Chien-Wen Liew

Hip and Knee Replacement Surgeon

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