



DEUTSCHE GESELLSCHAFT FÜR ENDOPROTHETIK

A SURVEY OF THE AE – GERMAN SOCIETY FOR ARTHROPLASTY E.V. TO ASSESS CURRENT RECOMMENDATIONS FOR RETURN TO SPORT AFTER JOINT REPLACEMENT

Please return your completed survey form at the registration or via mail to

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– We thank you for your participation!

O. Voluntary Information

Name: _____ Age: _____

Place of practice: _____

1 General Questions

1.1 "In which year did you receive your Approbation?"

- ☐ vor 1980
- ☐ 1980 -1990
- ☐ 1990 - 2000
- ☐ 2000 - 2010
- ☐ 2010 – 2020

1.2 "How high do you rate your own athletic activity?"

- ☐ "very high, I do sports daily"
- ☐ "high, I do sports multiple times a week"
- ☐ "mittel, ich mache ab und zu Sport"
- ☐ "medium, I do sports every now and then"
- ☐ "low, I do not do sports"

1.3 "Is the question of the patient's sporting activity before joint replacement part of your standard patient interview?"

- ☐ „Yes“
- ☐ „No“
- ☐ „I do not know“
- ☐ „It does not matter“

1.4 "Which preoperative parameters are relevant for you with regard to postoperative sporting ability in the assessment?"

- ☐ „Age“
- ☐ „Gender“
- ☐ „BMI“
- ☐ „Muscle mass“
- ☐ „Coordination/Experience of the sport before planned surgery“
- ☐ „Bone density“
- ☐ „Neurologic precondition “
- ☐ „Rheumatologic precondition“

1.5 "What do you think is the **main** risk from sport after implantation of an endoprosthesis? (Maximum 2 answers)"

- ☐ "Joint dislocation"
- ☐ "Periprosthetic fracture"
- ☐ "Implant loosening"
- ☐ "Polyethylene-wear"
- ☐ "Periprosthetic infection"
- ☐ "Osteolysis"
- ☐ "Material breach"
- ☐ "Tendon rupture"
- ☐ „Other _____ (which?)“

2 Specific questions regarding hip arthroplasty

2.1 "How important do you think is athletic activity after **hip replacement**?"

- ☐ "very important"
- ☐ "important"
- ☐ "not important"
- ☐ „does not matter“

2.2 "Do you think that physical activity has a **negative** impact on the durability of a hip arthroplasty (reduced lifespan)?"

- ☐ „Yes“
- ☐ „No“
- ☐ „I don't know“
- ☐ „does not matter“

2.3 "Do you think that physical activity has a **positive** impact on the durability of a hip arthroplasty (reduced lifespan)?"

- ☐ „Yes“
- ☐ „No“
- ☐ „I do not know“
- ☐ „It does not matter“

2.4 "The burden that patients with a hip arthroplasty expose themselves to is usually ..."

- ☐ "Way too high"
- ☐ "A little too high"
- ☐ "Just right"
- ☐ "Too low"
- ☐ "Way too low"

2.5 "How often do you attribute failure of hip arthroplasty to stress overload or sports?"

- ☐ "In more than 50% of revision surgeries"
- ☐ "In more than 25% of revision surgeries"
- ☐ "In more than 10% of revision surgeries"
- ☐ "In more than 5% of revision surgeries"
- ☐ "In more than 1% of revision surgeries"
- ☐ "In less than 1% of revision surgeries"

2.6 "Does a high level of sporting ability influence the choice of your surgical approach?"

- ☐ "Yes,
if yes, which one would you prefer?"
 - ☐ anteriorer surgical approach
 - ☐ lateral surgical approach
 - ☐ anterolateraler surgical approach
 - ☐ dorsaler surgical approach
- ☐ No

2.7 "Does the desired sport influence the choice of implant fixation of the hip arthroplasty? If yes, which one do you prefer?"

- ☐ cementless
- ☐ cemented
- ☐ hybrid
- ☐ does not matter

2.8 "Would you deviate from your standard positioning of the hip arthroplasty when a sport activity with high range of motion is expected?"

- ☐ Yes,
if yes, which do you prefer?
 - ☐ "Yes, increased inclination "
 - ☐ "Yes, reduced inclination"
 - ☐ "Yes, increased stem anteversion"
 - ☐ "Yes, reduced cup anteversion"
 - ☐ „other“
- ☐ No

2.9 "Which material pairings do you prefer to use depending on the level of sporting activity mentioned below?"

Materialgleitpaarung	High-Impact*	Low-Impact*	No Sport
Metal on Metall (MoM)	☐	☐	☐
Metal on Polyethylen (MoHXLPE)	☐	☐	☐
Ceramic on Polyethylen (CoHXLPE)	☐	☐	☐
Ceramic on Ceramic (CoC)	☐	☐	☐
Egal	☐	☐	☐

2.10 "Which shaft type do you prefer for patients with high sporting activity?"

- ☐ „short stem“
- ☐ „straight/standard stem“
- ☐ "does not matter"

2.11 "Which head size do you prefer to use depending on the sporting activity mentioned below?"

Femoral head size	High-Impact*	Low-Impact*	No Sport
28mm	☐	☐	☐
32mm	☐	☐	☐
36mm	☐	☐	☐
does not matter	☐	☐	☐

2.12 The patient specifies to do sports with extensive range of motion (e.g. yoga) - what criteria do you consider when planning hip replacement?"

- ☐ surgical approach: _____ (welcher?)
- ☐ femoral head diameter: _____ (welche?)
- ☐ bearing surfaces: _____ (welche?)

2.13 "Your patient expresses the wish to return to previously practiced high-impact sports after the hip arthroplasty surgery. Which statement do you make?"

- ☐ "I recommend it without limitations after a certain time of recovery"
- ☐ "I recommend it only after adequate training of the patient in regard to movements and risks."
- ☐ "I recommend no high-impact sports after arthroplasty"
- ☐ "I leave it to the patient and make no specific statement."

2.14 "What is your recommendation for sports after a **total hip arthroplasty (THA)**?"

Type of Sport	"after 3 months"	"after 6 months"	"not recommended"	"undecided"
High-Impact*	☐	☐	☐	☐
Low-Impact*	☐	☐	☐	☐

¹ *Low impact sports include swimming, walking, pilates, elliptical training. General characteristics are smooth and even body movements. In contrast, high-impact sports include running, skiing, squash, basketball and boxing. They generally have an increased risk for injury due to abrupt movements.

4. "What is your recommendation for patients after **total hip arthroplasty**?"

Sportart	without limitation	with training	not recommended	undecided
"Basketball"	☐	☐	☐	☐
"Bowling"	☐	☐	☐	☐
"Boxing/Martial Arts"	☐	☐	☐	☐
"E-Scooter"	☐	☐	☐	☐
"Fitness/Weights"	☐	☐	☐	☐
"Soccer"	☐	☐	☐	☐
"Ballroom Dancing"	☐	☐	☐	☐
"Golf"	☐	☐	☐	☐
"Handball"	☐	☐	☐	☐
"Hockey"	☐	☐	☐	☐
"Jogging"	☐	☐	☐	☐
"Climbing"	☐	☐	☐	☐
"Pilates"	☐	☐	☐	☐
"Biking level"	☐	☐	☐	☐
"Biking cross"	☐	☐	☐	☐
"Horseback riding"	☐	☐	☐	☐
"Rowing"	☐	☐	☐	☐
"Swimming"	☐	☐	☐	☐
"Ski slope"	☐	☐	☐	☐
"Ski long"	☐	☐	☐	☐
"Walking"	☐	☐	☐	☐
"Squash"	☐	☐	☐	☐
"Surfing"	☐	☐	☐	☐
"Dancing"	☐	☐	☐	☐
"Tennis"	☐	☐	☐	☐
"Table tennis"	☐	☐	☐	☐
"Gymnastics"	☐	☐	☐	☐
"Volleyball"	☐	☐	☐	☐
"Hiking"	☐	☐	☐	☐
"Yoga"	☐	☐	☐	☐

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