



# Activity Classification

## ROSENBERG COOLEY METCALF

THE ORTHOPEDIC CLINIC AT PARK CITY

www.rcmclinic.com

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In order to help you avoid knee damage, we have classified some of the most common sports and recreational activities into 3 basic levels according to the stress they impose on the knee. **Level I** activities apply generally safe stress on the knee. **Level II** activities apply moderate stress. **Level III** activities apply high stress to the knee and/or involve a higher risk of ligament or cartilage injury. By consulting with your physician and using common sense, you can minimize your risks of knee damage.

### YOU HAVE BEEN APPROVED FOR PARTICIPATION IN ACTIVITY LEVEL(S):

[I]  
[I, II]  
[I, II, III]

#### LEVEL I:

Bicycling (Road)  
Bowling  
Golf  
Kayaking  
Rowing

Scuba Diving  
Swimming  
Walking (level ground)  
Yoga  
Classic Cross Country Skiing

#### LEVEL II:

Aerobics (low impact)  
Skate skiing  
Diving  
  
Hiking, backpacking  
Horseback riding  
Hunting  
Ice skating  
Bicycling (Mountain)

Racquetball  
Roller skating  
Running (soft surfaces, 5-10 miles/wk)  
  
Sailing  
Softball (conservative, no cleats)  
Waterskiing  
Wind surfing

#### LEVEL III:

Ballet  
Baseball  
Basketball  
Downhill skiing  
Football  
  
Gymnastics  
Handball  
Hang gliding  
Ice climbing  
Ice hockey  
Karate & Judo  
Snowboarding

Lacrosse  
Motorcycle (dirt biking)  
Rock climbing  
Rugby  
Running (hard surfaces >10 miles/wk)  
  
Soccer  
Softball (with cleats)  
Tennis  
Track & Field jumping events  
Volleyball  
Wrestling  
Wakeboarding

