3 Month Post Knee Replacement

SCAN TO READ MORE

At 3 months after your total knee replacement, most patients are walking comfortably, returning to low-impact activities, and noticing continued improvement in strength and flexibility. The knee is still healing internally and will continue to improve up to 12 months. This page outlines what to expect at this stage of your recovery.

KEY STEPS

01 Walking & Activity
Walking without aids in most cases; low-impact exercise encouraged.

02 Swelling & Stiffness
Some residual swelling is normal; improves with daily exercise and elevation.

03 Driving
Most patients return to driving at 4–6 weeks if right knee; confirm with Dr Liew.

04 Physiotherapy
Continue strengthening exercises; hydrotherapy from 4 weeks post-op.

QUICK FACTS

WALKING
Unaided by 6 Wks

SWIMMING
4 Weeks Post-Op

DRIVING
4–6 Weeks

RECOVERY
12 Month Journey

> "At 3 months, you are well on your way.
>
> Keep progressing — the best is ahead."
> — Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Is it normal to still have swelling at 3 months?
Yes. Some swelling can persist for up to 12 months, particularly after activity. It gradually diminishes as the knee heals internally.

Q. When can I return to sport?
Low-impact activities such as walking, cycling, and swimming are typically fine by 3 months. High-impact sport is generally advised against long-term to protect the implant.

Q. My knee clicks — is that normal?
Yes, clicks and crepitus are common and generally harmless after knee replacement. If accompanied by pain, swelling, or mechanical symptoms, contact our rooms.

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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