



SCAN TO READ MORE

6 Weeks After Your Total Knee Replacement

Six weeks after your total knee replacement is an important milestone, though knee recovery typically follows a slower trajectory than hip replacement. Swelling, stiffness, and ongoing discomfort are all normal at this stage. This guide explains the key targets and what to do if something does not seem quite right.

YOUR RECOVERY AT 6 WEEKS

O1 Flexion Target

Aim for 90–110 degrees of knee bend by six weeks. Below 90° — contact rooms promptly.

O2 Physiotherapy

Keep attending. Quadriceps strengthening, heel slides, and cycling are the priorities.

O3 Driving

Right knee: ~6 weeks. Left knee automatic: 3–4 weeks. Must be off strong analgesia.

O4 Return to Work

Desk roles: 4–6 weeks. Light physical: 6–8 weeks. Heavy manual: 3–4 months.

O5 Watch For

Flexion below 90°, wound discharge, fever, calf swelling (DVT) — contact rooms.

AT A GLANCE

FLEXION GOAL
90–110 Degrees

SWELLING
Normal to 6 Months

KNEELING
3–6 Months Post-Op

NEXT REVIEW
3 Months

“Every degree of flexion you gain now stays with you for twenty years.”

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. How much bend should I have at six weeks?

The target is 90 to 110 degrees. Below 90 degrees at six weeks warrants prompt review — early intervention is far more effective than waiting.

Q. Why is my knee still so swollen?

Swelling after knee replacement is completely normal and can persist for three to six months. Ice packs and elevation when resting continue to help at this stage.

Q. Can I kneel yet?

Not yet. Kneeling is not appropriate at six weeks. Most patients can begin attempting to kneel carefully, with padding, from around three to six months post-operatively.

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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