

Knee Arthritis

Knee arthritis is a progressive degeneration of the cartilage that lines the knee joint. As cartilage wears away, bone rubs on bone, causing pain, swelling, and stiffness. It is the most common cause of knee pain in adults over 50, though it can affect younger patients with prior knee injury or structural malalignment. Non-operative management is always the first approach, and surgery is considered only when conservative measures have been exhausted.



SCAN TO READ MORE

01 What is Knee Arthritis

Cartilage degeneration leading to bone-on-bone pain and stiffness.

02 Non-Operative Management

Physiotherapy, weight management, injections, and analgesia.

03 Dr Liew's Approach

Conservative management first; surgical planning when appropriate.

04 Surgical Options

Total knee replacement with kinematic alignment when surgery required.

TYPE

Osteoarthritis

NON-OP

Always First

SURGERY

Kinematic TKR

PLANNING

Patient-Specific

**"Non-operative first.
Surgery when the time is right."**

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. What are the non-operative options for knee arthritis?

Physiotherapy, activity modification, weight loss, pain relief medications, and corticosteroid or hyaluronic acid injections are all used before surgery.

Q. At what stage is surgery recommended?

Surgery is recommended when pain significantly limits daily life and conservative management no longer provides adequate relief.

Q. Can young people have knee arthritis?

Yes. Previous injury to the meniscus, ligaments, or articular cartilage can cause post-traumatic arthritis in patients in their 30s and 40s.

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.