



SCAN TO WATCH VIDEO

Can I Kneel After a Knee Replacement?

Kneeling has long been considered difficult or impossible after a total knee replacement. Modern surgical technique – specifically kinematic alignment and targeted implant positioning – has changed this outlook. Deep flexion and kneeling are now achievable goals for many patients. The key is a philosophy that prioritises restoring natural knee mechanics rather than simply achieving a mechanical alignment.

THE TECHNIQUE

01 Why Kneeling Was Difficult

Standard alignment restricts the flexion arc needed for kneeling.

02 Kinematic Alignment Advantage

Positioning the implant to patient anatomy improves deep flexion potential.

03 Implant Design Factors

A medial pivot implant allows greater flexion than traditional designs.

04 Rehabilitation Goals

Targeted physiotherapy drives flexion toward kneeling capability.

AT A GLANCE

TECHNIQUE

Kinematic Alignment

TARGET

Deep Flexion

IMPLANT

Medial Pivot

OUTCOME

Kneeling Achievable

**“A small change in technique
can make a big difference.”**

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Why has kneeling traditionally been difficult?

Standard implant positioning may limit the flexion arc needed. Adjusting alignment to individual anatomy can significantly improve this.

Q. Will I definitely be able to kneel after surgery?

It depends on individual anatomy and recovery. The goal is to maximise your potential – most patients are pleasantly surprised.

Q. How long before I can attempt kneeling?

Kneeling is typically attempted at 3 months post-operatively, guided by physiotherapy progress and comfort.

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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