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# 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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