

# Total Knee Replacement Overview

A total knee replacement resurfaces the damaged joint, replacing worn cartilage and bone with precision-engineered components. Dr Liew performs every knee replacement using kinematic alignment — a patient-specific philosophy that positions the implant to each individual’s unique anatomy, rather than a fixed mechanical axis. Combined with patient-specific instruments, the result is a knee that not only relieves pain but feels more natural. Non-operative management is always exhausted before surgery is offered.



SCAN TO READ MORE

## 01 Do I Need One?

When pain and function do not improve with conservative treatment.

## 02 Non-Operative Options

Physiotherapy, injection therapy, and analgesia trialled first.

## 03 Kinematic Alignment

Implant positioned to your own anatomy, not a generic axis.

## 04 Patient-Specific Guides

Custom cutting guides for precision placement every time.

### ALIGNMENT

Kinematic

### APPROACH

Patient-Specific

### NON-OP

Always First

### RECOVERY

6 Weeks

“A knee that feels like your own knee.”

— Dr Chien-Wen Liew

## FREQUENTLY ASKED QUESTIONS

### Q. How do I know if I need a total knee replacement?

Persistent pain that limits daily activity despite conservative treatment — physiotherapy, injections, and analgesia — is the primary indicator.

### Q. What is kinematic alignment?

Kinematic alignment positions the knee implant to your own joint anatomy rather than a fixed mechanical axis, producing a more natural feel and movement.

### Q. How long does recovery take?

Most patients achieve good function within 6 weeks. Full recovery and return to higher activity levels takes 3–6 months.

## 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.