

Three Month Kneeling Protocol

Most patients undergoing total knee replacement have difficulty (pain, inability) kneeling after surgery. A study published in the Journal of Arthroplasty in 2019 developed a protocol that helped most patients develop the ability to knee after TKA. I recommend that patients begin these three months after surgery, so the skin and soft tissues have had adequate time to heal.

Week 1

Knee for 5 – 10 minutes a day on the couch/sofa

Week 2

Kneel for 5 – 10 minutes a day on a sofa cushion on the floor

Week 3

Kneel for 5 – 10 minutes a day on a thin pillow on the floor or alternatively on a plush carpet

Week 4

Kneel for 5 – 10 minutes a day on a thin carpet or rug

Week 5

Kneel for 5 – 10 minutes a day on the floor

1. Wallace SJ, Berger, RA. Most Patients Can Kneel After Total Knee Arthroplasty. J Arthroplasty. 2019 May;34(5):898-900.
2. Wylde V, Artz N, Howells N, Blom AW. Kneeling Ability After Total Knee Replacement. EFFORT Open Rev. 2019 Jul 7;4(7)460-467.