



With the limited research on this topic, there is no evidence to suggest kneeling on your knee replacement will cause any damage to the prosthesis. Patients often experience numbness over their wound and towards the outside of the knee. This is very normal and suggests nothing irregular from surgery. Some patients may experience this forever, some may find the sensation comes back to near normal with time. Often when you attempt to kneel for the first time the numbness you experience may cause discomfort. At some point in your future you may find that you will need to kneel so it is best to learn to desensitize yourself when ready. This is generally found to be around 6-weeks post-operatively. Below is a program to desensitize yourself from kneeling.

Remember with numbness you won't be able to feel everything you are kneeling on. It is essential that you are aware of what you are kneeling on and avoid kneeling on foreign objects. Run your hand over the surface you are to kneel on before kneeling to avoid any damage you may not feel.

If in the future you wish to kneel whilst gardening and still experience numbness it is a good idea to purchase some knee pads from your local garden shop/hardware shop to prevent injuring yourself.

Position	Time Frame	Daily Prescription
<ul style="list-style-type: none">Place a soft pillow on your couch.Holding onto the back of the couch slowly place one knee onto the pillow, followed by the other allowing you to kneel on the pillow.Take a step off after 2 seconds and repeat with the other leg to a stance.Follow this routine for 10 minutes.	Weeks 6-8 post op	10 minutes daily
<ul style="list-style-type: none">Place a soft pillow onto the floorSlowly lowering yourself onto the pillow place one knee down, followed by the otherKneel holding for 5 seconds then return to a stanceFollow this routine for 10 minutes	Weeks 8-10 post op	10 minutes daily
<ul style="list-style-type: none">Slowly lower yourself onto soft carpet at home placing one knee down, followed by the otherKneel holding for 5 seconds then return to a stanceFollow this routine for 10 minutes	Weeks 10-12 post op	10 minutes daily

If you have questions or concerns, please contact Dr Justin Roe's rooms on (02) 9409 0558 or email admin@justinroe.com.au