

Abstract

Background

Difficulty kneeling is a common complaint after total knee replacement (TKR), with up to 80% of patients experiencing difficulty kneeling post-TKR. This study aimed to look at the reasons why patients were unable to kneel, how this impacted upon their quality of life and how healthcare services could be improved to help patients kneel after TKR.

Methods

56 patients who had severe difficulty or inability to kneel were interviewed using brief telephone interviews. Patients were asked a variety of questions which included information on why they did not kneel, how this impacted their lives both physically and emotionally and how they had used healthcare services with regards to kneeling. The data was recorded on a standardised proforma and a descriptive content analysis was performed, themes were then extracted.

Results

A feeling of pain or discomfort in the knee was the main reason people did not kneel, other reasons included a lack of confidence in the knee, fear of damaging the prosthesis or education from healthcare professionals not to. Many patients said kneeling difficulty did not present a large impact on their daily lives, however for some this was not the case. Patients who were affected said it impacted upon cleaning, gardening, DIY and religious practices. A large number said they had since adapted to these limitations by various means, including; sitting on a stool instead of kneeling, home adaptations such as a bath-lift, or by employing gardeners and cleaners. Only a few patients claimed that their kneeling difficulty made them upset or frustrated, many had accepted the fact they could not kneel.

Most patients had not consulted a healthcare professional about their difficulty kneeling and therefore received no advice about kneeling from these people. An increased amount of

physiotherapy and longer follow-up was a desire of several patients when asked what care they would like to receive. Additionally, better pre-operative information was also requested by some.

Conclusion

Overall this study shows that difficulty kneeling does have an impact on quality of life for some patients. It also highlights there is a need for better healthcare provision with regards to kneeling post-TKR, and further research is required into how best to provide this.