

Remarkable Achievement of Pre-Surgery Activities (KNEELING) Following Primary Total Knee Arthroplasty (TKA) With Standard prosthesis – A Case Series

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INTRODUCTION

Total knee arthroplasty (TKA) provides reliable outcomes for patients suffering from end-stage degenerative knee osteoarthritis (OA)¹. Kneeling is considered as one of the most important yet most difficult activity to achieve in patients with TKA and is the poorest patient-rated outcome after TKA².

REPORT

This case series presented 5 cases of patient who were diagnosed with primary OA and underwent unilateral or bilateral TKA surgery using standard prosthesis.

Case 1

Mr. HH, 63-years-old Malay male was operated with TKA for severe OA over the right knee. He went on to achieve pre-surgery activities of offering his usual Muslim prayer and was able to climb stairs and even trees. Knee Society Score (KSS): 100.



Figure 1: Mr HH climbing tree (left) and kneeling (right) for Muslim Prayers

Case 2

Mr. AKPM, 71-years-old Malay male underwent bilateral TKA for bilateral OA. Post surgery, he was able to squat and sit cross legged and perform normal Muslim prayers without any discomfort. KSS: 100.

Case 3

Mr. MAA, 67-years-old Malay male had bilateral TKA performed for bilateral knee OA. Post-surgery, he was able to perform his Muslim prayers without having any discomfort. KSS: 90.



Figure 2: Mr AKPM performing kneeling (left) and Mr MAA able to sit cross legs (right)

Case 4

Madam RB, 72-years-old Malay female underwent left knee TKA. Post operatively, she was able to sit cross leg and perform her Muslim prayers normally. KSS: 90.

Case 5

Madam HB, 60-years-old Malay female had right knee TKA. Post surgery, she was able to sit cross leg and perform her Muslim prayers normally. KSS:90.

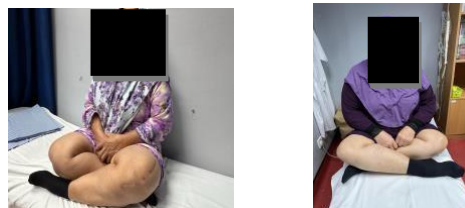


Figure 3: Madam RB (left) and Madam HB (right) able to sit cross legs

CONCLUSION

Extreme activities or postures are usually not recommended when using standard TKA prosthesis to preserve its longevity. However, some highly motivated patients do attempt to get back to pre-surgery levels on their own accord. These could be anecdotal examples; wherein the combination of a motivated patient and a surgery well done, even with the use of a standard prosthesis can achieve good knee flexion and functional ability (video clips of patients functional activities available).

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