



DR. TRAVIS CLEGG, MD
ORTHOPEDIC SURGERY

Post-Surgical Kneeling Protocol

Our data has shown that after following this protocol, over 90% of patients are able to kneel on their operative knee after surgery. This protocol serves as practice and “desensitization” for kneeling. Start protocol 10 weeks after knee surgery.

1.

5 minutes per day for 1 month, kneel with both knees on couch or bed.

2.

Then, 5 minutes per day for 1 month, kneel with both knees on a carpeted floor or a thin pillow on the floor.

3.

Then, practice kneeling on hardwood, tile, or outdoor surfaces.



Travis Clegg, M.D.