# Placing the Palms of the Hands on the Knees in the Bowing Position of a Canonic Prayer - 22 /Sep/ 2019

**Q.| Is it obligatory to place the palms of our hands on our knees in the bowing position (rukū‘) of a canonic prayer? How about a worshipper who, due to a disability or some canonically legitimate cause, cannot stand and must perform his canonic prayers while sitting down?**

**A.| As a matter of mandatory caution (iḥtīyāṭ wājib), one must place the palms of one’s hands on one’s knees while in the bowing position of a canonic prayer. If, however, the worshipper performs his canonic prayer while seated, this requirement is not necessary.**