

A speech bubble with a rainbow gradient border and a dark blue interior containing the text 'Patient Information' in white.

**Patient  
Information**

# Knee Injury

Your knee may be very swollen as a result of this injury and it may take two to three weeks for the pain to settle. It is important that you start putting weight through your knee as soon as possible, trying to walk as normally as you can.

To control the swelling and help relieve pain:

- Sit with your leg elevated, ideally above hip height.
- Regularly move toes and ankles in circles.

In the first week post-injury:

- Apply an ice pack or a bag of frozen peas wrapped in a damp tea towel to your knee when the knee is elevated. Leave on for 15 minutes. This can be repeated every two hours.
- It is important not to stand or walk for periods of more than 30 minutes.

Following your injury it is important to keep the knee moving. Perform the following exercises to prevent the development of stiffness and weakness.

Start by sitting upright on a firm surface with your back supported and your legs straight. You should be warm and comfortable.

## Exercises



Lie or sit with your legs out in front of you; pull your foot up at the ankle so that your toes point up to the ceiling. Tense up your thigh muscle and push your knee down onto the bed or floor. Keep pushing your knee down and tensing your thigh while you count to five. Repeat this 10 times.

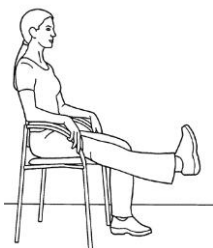
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Lie or sit with your legs out in front of you. Place a rolled-up towel underneath your knee. Press your knee down and lift your heel up until your leg is straight. Hold your leg straight for a count of five, then lower your heel gently. You can make your thigh muscles work harder by placing a weight over your ankle and increasing the weight progressively. Repeat 10 times.



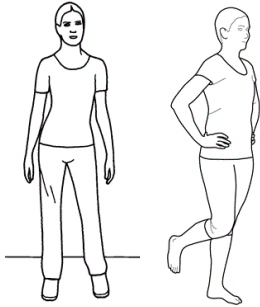
Remove the towel from underneath the knee and bend the knee as far as it will comfortably go. If you need to, wrap a towel around your leg and gently pull your leg towards you. Then straighten your leg. Repeat 10 times.

Lie or sit with your legs out in front of you. Pull your foot up, tensing your thigh and pushing your knee into the bed or floor. Then lift your straight leg up, 10 cm (four inches) only, towards the ceiling. Keep it completely straight by bracing your knee back, and hold it straight in the air for a count of five. Then lower your leg slowly, back to the bed or floor, keeping the leg straight. Let your leg relax completely for a few seconds. Use a weight over the ankle to make the muscles work harder. Repeat 10 times.



This exercise can be done when you are sitting in a chair or on the edge of the bed, again comfortably supported. Keeping your knee on the chair, lift your foot up so that your leg is straight. Hold for a count of five, then lower gently back and rest for a few seconds.

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Stand up straight and try to put equal weight through both your feet. You can use a support if you need to. Try to progress by standing on the affected leg only.

**Pictures:physiotools**

Follow the link below to view videos of the exercises:

[https://gateway.physiotools.com/Print/P.aspx?PrintDataId=32230d86fb6c4db\\_5E434180&PtVer=201901](https://gateway.physiotools.com/Print/P.aspx?PrintDataId=32230d86fb6c4db_5E434180&PtVer=201901)

The exercises above should be done at least three times a day. Start with two sets of 10 of each exercise; building up to three sets of 10 of each exercise.

At around three weeks post injury, gradual strengthening exercises such as cycling and swimming can be started. Running, jumping and other “bounce” like activities, like football, netball and dancing, should gradually be introduced at around four to six weeks post injury.

**Please retain this leaflet for future reference**



# Knee Injury

**For further advice or information you can telephone your local Minor Injury Unit (MIU):**

## **Chippenham Community Hospital**

Rowden Hill

Chippenham

SN15 2AJ

Tel: 01249 456 403/4

Open: 07:00 to 23:00; seven days a week

## **Trowbridge Community Hospital**

Adcroft Street

Trowbridge

BA11 8PH

Tel: 01225 711 329

Open: 07:00 to 23:00; seven days a week.

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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