

# Knee Injury

## Minor Injury Unit



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You may have injured your knee by damaging either the ligaments (sprain) or the muscle or tendon (strain). This will cause pain, swelling stiffness and a limp.

### You should:

- Use ice packs (frozen peas wrapped in a damp towel will do) for 10 minutes, 4-6 times a day
- Rest your leg on a stool with pillows to raise your leg whenever you are sitting
- Wear a support bandage over your knee if we have advised you to (try not to get wrinkles in it)
- Take tablets such as Ibuprofen or Paracetamol (both available from a chemist) to relieve the pain.

You should not wear the support bandage in bed or stand still for long

### If you are not getting better, go to your GP or nearest Emergency Department.

You may have been given a stick/crutches to help you walk. Please bring it/them back when you can walk without them. You can leave them at the Emergency Department reception desk at any time.

Following injury it is important you keep the knee moving; perform the following exercises to prevent stiffness and weakness developing.

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

### Exercises

1. Pull your foot up at the ankle so that your toes point up to the ceiling. Tense your thigh muscle and push your knee down onto the bed. Keep pushing your knee down and tensing your thigh while you count to 5. Repeat 10 times.
2. 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 5, then lower your heel gently. Repeat this 10 times.
3. Remove the towel from underneath the knee and bend the knee as far as it will comfortably go. If you can reach, gently hug the knee towards your chest. Then straighten your leg. Repeat this 10 times.
4. Start this exercise in exactly the same way as you did the first one, by pulling your foot up, tensing your thigh and pushing your knee into the bed. Then lift your straight leg 4 inches only, up towards the ceiling. Keep it completely straight by bracing your knee back and hold it straight in the air for a count of 5. Then lower it slowly, keeping it straight, back to bed or floor.



Let your leg relax completely for a few seconds. Use a weight over the ankle to make the muscles work harder. Repeat this 10 times.

5. 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 5, then lower gently back and rest a few seconds. Repeat this 10 times.

These exercises should be done at least 3 times daily. Start with 2 sets of 10 of each exercise and build up to 3 sets of 10.

Contact us [if not included elsewhere]

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## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

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