

# Knee injury

## After injuring your knee:

You may have injured your knee by damaging either the ligaments (sprain) or the muscles or tendons (strain). This will cause pain, swelling, stiffness and a limp. The following advice should help you to recover.

### Things you should do

- Rest for the first 24/48 hours after your injury.
- Keep your knees raised (elevated) with your foot higher than your bottom to help prevent/reduce the swelling.
- Use ice packs (crushed ice wrapped in a tea towel will do), for 10-15 minutes every 2 hours if you can.
- Take the recommended medication to relieve the pain - this can be bought over the counter from a pharmacy. Follow the instructions on the packet/bottle.
- Exercise your knee gently 3-4 times per day, once most of the swelling has gone down. If the movements hurt, try and make them smaller.
- If you are not getting better after 1 week, return to the Minor Injury Unit.

### Exercises

#### While lying down:

1. Gently slide your heel towards your bottom, bending the knee as far as you can manage. **Repeat 5-10 times.**

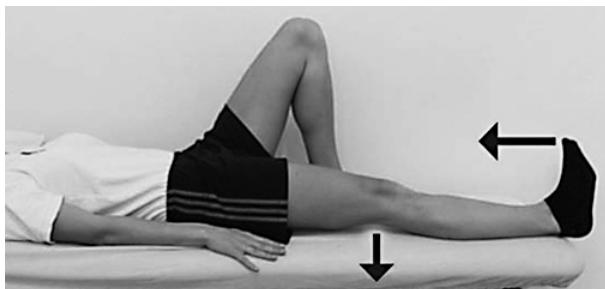
### Things you should not do

- **Use ice packs:**
  - Over areas of skin that are in poor condition.
  - If you have poor sensation to cold.
  - If you know you have poor circulation.
- Place ice packs directly onto your skin as they can burn.
- Do not leave ice on while asleep.
- Wear any support bandage in bed.
- Stand still for long periods.



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2. Push your knee down into the bed. Hold for 5 seconds then relax. **Repeat 5-10 times.**



3. Put a rolled up towel under your injured knee. Push down into the towel and lift your heel off the bed. Slowly lower your heel again. **Repeat 5-10 times.**



4. Keep leg straight and lift off the floor/bed 10cm. Slowly lower. **Repeat 5-10 times.**

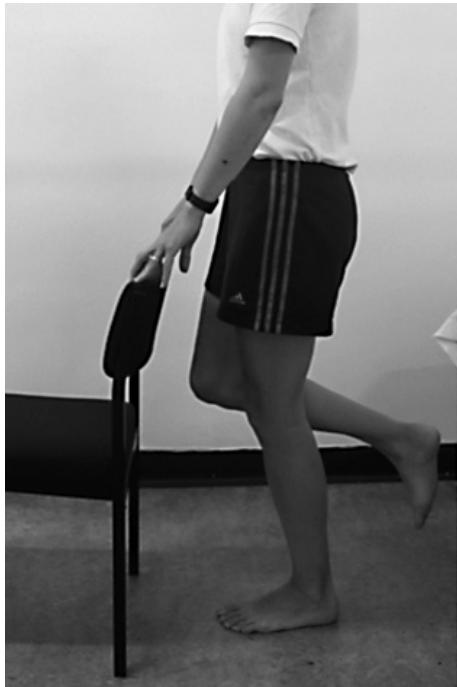


5. With your legs stretched out in front of you, point your toes and foot up towards you, and then point them away. Alternate between these positions. **Repeat 10 times.**



### **While standing:**

6. Stand holding on to support in front of you. Bend the knee bringing the heel towards your bottom. Slowly lower. **Repeat 5-10 times.**



- You can return to normal activities as soon as the pain and swelling have fully resolved and the strength in your knee has returned.
- Only perform exercises to the start of your pain, never force yourself through severe pain. Stop them if the exercises severely increase your symptoms.

**Please contact your GP or NHS111 for any queries or concerns.**

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.youreexperience@nhs.net](mailto:wcnt.youreexperience@nhs.net)

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