

Knee injuries

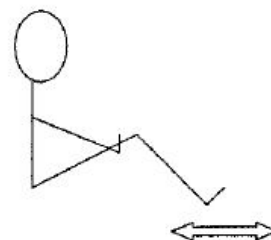
If your knee swells, sit with your leg raised and your knee supported on a pillow. Apply an ice pack to help the swelling go down further. Place a damp cloth on your knee and then put a bag of crushed ice/frozen peas etc on top. Wrap your whole knee in a towel and leave for 10 minutes. Remove ice pack for a minimum of 20 minutes, repeat as required. The muscles in your thigh help to support your knee so it is important that you exercise them.

Remember:

- Remove brace / splint / cast before exercising *staff to delete as appropriate.
- Exercise as the pain allows – do not continue if it is too painful!
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.

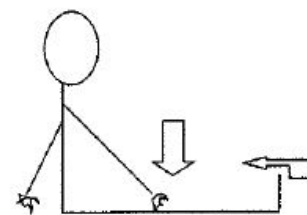
1. Mobilising exercise:

To help overcome stiffness in your knee sit supported with your legs out straight. Bend your affected knee. Grasp the knee and bring the knee towards you as far as possible.

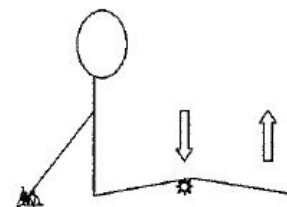


2. Strengthening exercises:

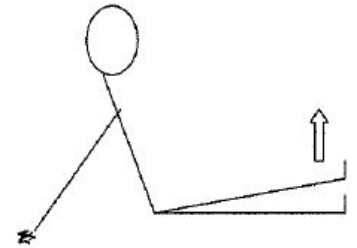
a. Sit supported with your legs out straight. Place your hand under your injured knee and try to squash your hand by straightening your knee as much as possible. You should feel your thigh muscles tense. Pull your foot back towards you to prevent cramp.



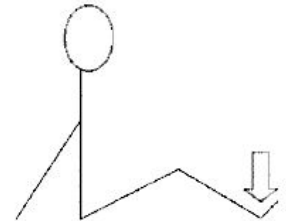
b. Sit supported with your legs out straight. Place a rolled-up towel under your injured knee. Tighten the knee and pull your foot up and lift heel up by straightening the knee. Hold and lower slowly.



c. Sit supported with your legs out straight. Turn your foot out to the side slightly. Tighten the injured knee, pulling your foot upwards towards you and lift the leg up about six inches from the floor. Hold and lower slowly, keeping the knee straight.

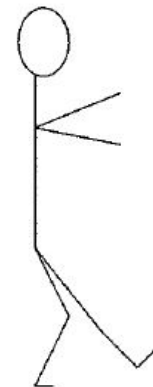


d. Sit supported with your legs out straight. Bend your knee to 45 degrees, pull your foot towards you and dig your heel into the ground. Hold for 10 seconds and release. You should feel both sides of your thigh muscles tighten.



3. Balancing exercise:

As your knee becomes less painful you will need to practice standing on one leg. Stand on your injured leg with the knee slightly bent. Balance without support. Hold for 10 seconds. To progress this exercise, repeat with one eye closed and then with both eyes closed.



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For more information about the Trust visit our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Fracture Clinic, December 2011

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