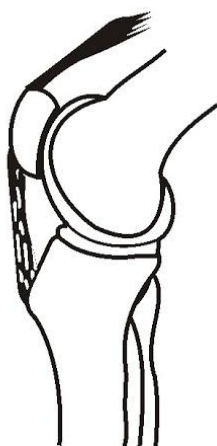


Acute Knee Injury



A Guide for Patients

What to expect?

Your knee may appear swollen and may be painful and stiff following an acute injury. You may have difficulty putting weight through your knee.

As your tissues begin to heal, you should gradually see improvements in your symptoms.

What can I do to help?

Rest – Modify your activity and walking to allow your pain to settle down. Continue to stay active within your pain free limits.

Ice – An ice pack can be applied to the affected area to help with your pain. Wrap ice in a towel and apply to the area of pain for 10-15 minutes every few hours for the first 48 hours following injury.

Pain Killers – You may have been prescribed medication from your GP, use this as prescribed. You should follow the manufacturer’s instructions on the correct dose and if there are any reasons why you shouldn’t take them.

Elevation - Elevate your knee on a footstool or some pillows so that the knee is above the level of your hip. This helps to decrease the swellings and pain. Try to do this as often as possible.

Walking – After an acute injury, it is important to use your knee as normally as possible. It may feel painful and stiff to start but it is important to continue to regularly move the knee as this will aid your recovery.

If necessary you may be given a knee splint / brace and you will be instructed on how to use this.

In the early stages of an injury standing on the injured knee for prolonged periods may cause the knee to become swollen and painful. You may be given crutches for a short time to help. However walking should not damage your knee any further and try to get back to walking normally on the knee as soon as possible.

Exercise

It is important to start exercising your knee as soon as possible unless advised otherwise. The exercises will help prevent pain and stiffness in the knee joint. The exercises will also prevent your muscles from weakening, which can happen after an acute injury.

The exercises are most effective if done regularly.

Do not push through pain as you do these exercises. A little discomfort is normal. Stop if it is painful.

Static Quads:



Lie on your back with your legs straight. Pull your foot up, tighten your thigh muscle and push your knee down firmly against the bed/floor.

Hold secs – relax

Repeat times.

Every..... day

Inner Range Quads:



Lie on your back. Place a rolled towel under your affected knee.

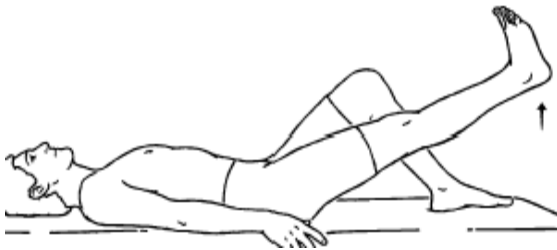
Flex your foot towards you and raise your heel off the floor to straighten your knee. Tighten your thigh muscle.

Hold for.....seconds.

Repeat.....times.

Every.....day.

Straight Leg Raise:



Lie on your back. Pull your foot up and tighten the thigh muscle to straighten your knee.

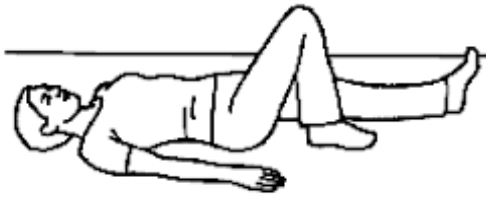
Lift your straight leg several inches and hold in this position. Keep your leg straight.

Holdsecs..

Repeattimes.

Every.....day.

Knee Flexion:



Lie on your back with something smooth under your heel e.g. a tray or plastic bag. Bend and straighten your hip and knee by sliding your foot up and down the surface.

Repeat times.

Every..... day.

When to seek help?

This leaflet should only be used by specific individuals following a physiotherapy assessment.

If you have any concerns please approach your physiotherapist.