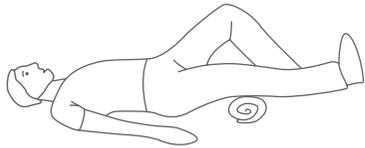
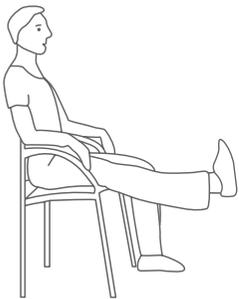


There are specific exercises that will help restore normal knee function:

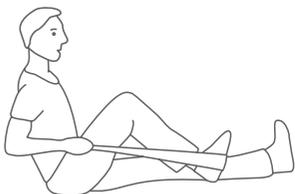
In lying or sitting position, put a rolled up towel under the injured knee. Tighten your thigh muscles and straighten the knee. Hold for 5-10 seconds, repeat 10 times. Repeat this exercise 3-4 times daily.



Pull up your toes, straighten your knee and hold it for 5-10 seconds. Repeat 10 times, 3-4 times daily.



Slide your heel towards your hip and use your hand to support. This exercise helps to restore the range of movement. Repeat 10 times, 3-4 times daily.



## Patient Advice and Liaison Service

The Patient Advice and Liaison Service (PALS) provides confidential help and advice to patients and carers. For further information please contact the PALS team on **020 8937 7173** or email [pals@barnet.nhs.uk](mailto:pals@barnet.nhs.uk)

If you require this information in large print, please contact the Communications Department on **020 8937 7644**

If you need an interpreter to explain this document, please telephone **020 8732 6454**

**Gujarati** આ દસ્તાવેજ તમને સમજાવી શકે એવા એક દુભાષિયાની જરૂર હોય, તો કૃપા કરી ૦૨૦ ૮૭૩૨ ૬૪૫૪ પર ટેલિફોન કરો.

**Farsi** شفاہی نیاز دارید، لطفاً با 020 8732 6454 تماس بگیرید. اگر برای دریافت توضیح در مورد این سند به مترجم

**Turkish** Eğer bu belgeyi size birisinin tercüme etmesini istiyorsanız, lütfen şu numarayı arayın: 020 8732 6454

**Cantonese** 如果你需要一名翻譯來解釋這篇文件，請致電 020 8732 6454

**Arabic** المستند، الرجاء الإتصال على رقم 020 8732 6454 إذا كنت في حاجة إلى مترجم فوري لشرح هذا

**Somali** Haddii aad u baahan tahay turjume kuu sharxa dokumentigan, fadlan soo wac talefoonkan 020 8732 6454

**Mandarin** 如果你需要一名翻译来解释这篇文件，请致电 020 8732 6454

**Polish** Jeżeli do wyjaśnienia niniejszego dokumentu potrzebny jest tłumacz, proszę zadzwonić pod numer 020 8732 6454

**Albanian** Nëse ju nevojitet përkthyes për t'ju shpjeguar këtë dokument, ju lutemi telefononi 020 8732 6454

# Knee injury

Musculoskeletal Physiotherapy Service



## Protection and advice

### What is a knee sprain/strain?

A sprain is an injury to a ligament. A strain is an injury to a muscle or tendon. Sprains and strains of the knee can be due to a fall, sudden twist or a blow, which results in undue stress on the knee joint and soft tissue. In some cases the meniscus (cartilage in the knee joint) may be injured. It is important to remember that with most of these injuries there is no serious cause and they will resolve naturally.

### What can I do to protect myself?

- 1. Protection:** Knee injuries can result in a sudden drop in the ability to bear weight – it may be immediate or can occur in the first few days. Protection helps prevent re-injury. You may require a crêpe bandage, knee brace or crutches to support yourself while walking, depending on the nature and extent of your injury. Whilst protecting the knee, you must move the knee, ankle and hip within your pain tolerance.
- 2. Rest:** Rest can be achieved by not doing activities that increase pain or cause undue stress on the injured tissue. However, make sure you move and use your knee within pain tolerance to prevent the weakening and shortening of muscles and ligaments.

## Protection and advice

- 3. Ice:** Crushed ice in a damp towel is the most effective method for relieving pain and reducing swelling. Cover the whole injured region for 15-20 minutes, 3-5 times a day for the first three days. You can also use frozen gels or ice in a plastic cover (use a damp towel between the cooling medium and the skin to prevent an ice burn).
- 4. Compression:** use elastic bandages or tubigrip to reduce the swelling, except while lying down. Loosen the wrap if you feel cold, tightness or if the leg starts to turn blue.
- 5. Elevation:** make sure you elevate the ankle and knee just above the hip level. This can be achieved by placing a pillow under the injured leg. Do not apply compression while elevating the leg.

### How long will it take to recover?

This will vary from person to person as it is influenced by a number of factors, including: the severity of the sprain, age, activity level, medication, pre-existing medical conditions, etc.

In general, most injuries will feel significantly better within two weeks and completely better by about six weeks.

## Advice and exercises

### When should I seek help?

If after two weeks you are still having significant pain and difficulty walking, contact your GP as you may need a referral to physiotherapy to help regain the full function of your knee.

If you notice the following symptom you should either contact your GP or attend your local walk-in centre or A&E as your injury may require further investigation such as an X-ray or MRI scan, or you may need a referral to a consultant:

- Pins and needles in the foot or toes since the injury.

### Why is it necessary for me to do the exercises?

Exercises help decrease pain and swelling by increasing the blood flow to the area. This 'flushes out' the chemicals responsible for inflammation and helps return fluid into the circulation from the damaged tissues.

When ligaments or tendons heal, it heals with scar tissue which is very inflexible and tight. The exercises help to loosen and stretch the scar tissue, aligning it properly within the ligament or tendon. Not doing the exercises will result in tight scar tissue that pulls on the ligaments or tendons during movement, causing persistent pain.