

Knee injuries

Information for you



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You have a knee injury which should get better over the next few weeks.

Take a pain killer such as Paracetamol and/or Ibuprofen as required.

Ice – wrap frozen peas or ice in a towel and apply to knee for 10 to 15 minutes every couple of hours. Never put ice directly onto your skin as it can cause burns. This may be helpful for the first two days after injury.

Walk as normally as you can. In particular, let your knee straighten out when you move forward on it. It can sometimes give way if you are holding it slightly bent when it should be straight.

To help your recovery you should exercise your knee.

When you are walking, stay on flat ground - avoid soft ground, cobble stones, grass, sand and stone chips. These can all cause sudden strains on your knee. If you do not exercise your knee you may get complications, such as muscle wasting, joint stiffness, increased pain and balance problems. Your knee may even give way.

We advise that you try the following exercises to help reduce pain and restore normal function as soon as possible.

Knee exercises

Try to repeat these exercises hourly. Some pain is to be expected.

Range of movement



Bend and straighten your knee as pain allows. Repeat 10 – 15 times.



Tense the muscles at the front of your thigh. Hold for five seconds. Repeat 10 – 15 times.



Place a rolled up towel behind your knee. Straighten your knee as much as possible. Hold for five seconds. Repeat 10 – 15 times.



Tense the muscles at the front of thigh to lift your leg up as straight as possible. Hold for five seconds. Repeat 10 – 15 times.

Balance



Stand on your sore leg. Tense the thigh muscles. Hold onto something steady if required. Try and balance for up to 30 seconds. Keep your knee straight during this exercise.

You may be too sore to complete every exercise or the repetitions advised. Build up the exercises slowly as pain allows.

Once you can do these exercises comfortably then you may wish to try more challenging strengthening exercises. Please access this website for more information:

<https://www.nhsaaa.net/allied-health-professionals-ahps/musculoskeletal-service/>

Walking

It is important to walk as normally as possible after the injury. Some pain is to be expected but this will lessen with time. Initially try putting the injured knee forwards first which will help to reduce pain. After the injury reduce the length of time walking and gradually increase this as pain allows. A supportive, laced up shoe will provide the most support.

Driving

You may return to driving when you can bend your knee comfortably and are able to perform an emergency stop.

Work

Return to work when you can do your job safely and comfortably.

Sport

Do not return to sport for at least four to eight weeks unless advised otherwise. Gradually build up exercise or training as pain allows. Do not push through extreme pain as you may cause further injury.

For more information contact:

University Hospital Crosshouse on



01563 521133

and ask to be put through to the
Emergency Department

University Hospital Ayr

Emergency department on



01292 614522

or your family doctor (GP)

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