

**Patient
Information**

Looking after your injured knee

Introduction

There are many different causes of knee pain and this leaflet provides advice, which is relevant to your problem.

During the first 5 days, the following advice is recommended.

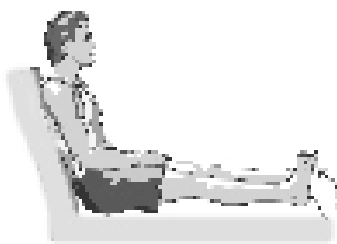
Apply an ice pack wrapped in a damp towel for 10 minutes. Do not apply ice directly to skin as it can burn. Re-apply every 2 hours for the first 2 to 3 days. If the area becomes very painful, numb or tingles, remove the ice pack immediately. Do not reapply the icepack until the feeling in your skin has returned to normal.

If your knee pain is as a result of an injury it is important you keep the knee moving; perform the following exercises to prevent stiffness and weakness developing.

Start by sitting upright on a firm surface with your back supported and legs straight. You should be warm and comfortable.

Exercise 1 Hamstring stretch

Pull your foot up at the ankle so that your toes point up to the ceiling.



Reference No.

GHPI0052_04_22

Department

Emergency

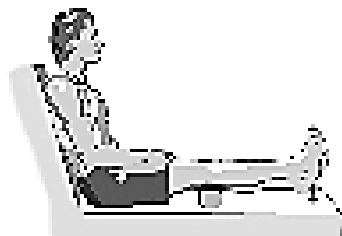
Review due

April 2025

Tense your thigh muscle and if you push your thigh down you work your hamstring, at the back of your leg rather than your quadriceps at the front of your thigh.

Keep tensing your thigh while you count to 5.

Repeat this 10 times.

**Patient
Information****Exercise 2**
Heel lift

Place a rolled up towel underneath your knee.

Press your knee down and lift your heel up until your leg is straight.

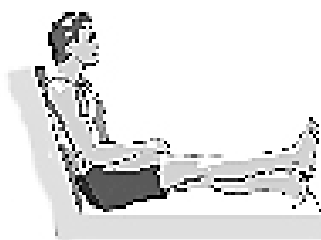
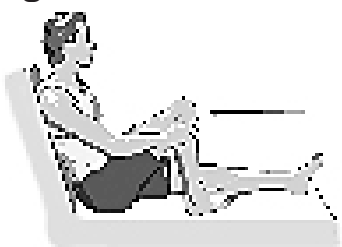
Hold your leg straight for a count of 5 then lower your heel gently.

You can make your thigh muscles work harder by placing a weight over your ankle, and increasing the weight progressively.

Remove the towel from underneath the knee and bend the knee as far as it will comfortably go.

If you can reach, gently hug the knee towards your chest. Then straighten your leg.

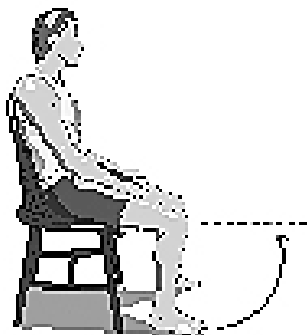
Repeat this 10 times.

Exercise 3
Leg stretch

Sit on the floor with your legs stretched out in front.

Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds.

Straighten your leg as far as you can and hold for 5 seconds. Repeat 10 times on each leg.

**Patient
Information****Exercise 4**
Straight-leg raise (sitting)

Sit well back in the chair with good posture.

Straighten and raise one leg.

Hold for a slow count to 10 then slowly lower your leg.

Repeat this at least 10 times with each leg.

If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.

Any X-rays taken will be reviewed by a specialist doctor. If there is any concern that there may be a more serious injury, you will be contacted.

Contact information

For further information about managing your injury, please contact:

Physiotherapy

Website: www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/how-can-i-see-physiotherapist/

NHS 111

Tel: 111

Further information**Arthritis Research UK**

www.arthritisresearchuk.org

Content reviewed: April 2022