

EMERGENCY DEPARTMENT AND MINOR INJURY UNITS

ROYAL ALEXANDRA HOSPITAL

TELEPHONE: 0141 314 7294

INVERCLYDE ROYAL HOSPITAL

TELEPHONE: 0141 314 9504

VALE OF LEVEN HOSPITAL

TELEPHONE: 01389 828599



KNEE INJURY

Knees can be injured in many different ways, and can involve a number of different structures, e.g. bone, ligaments, cartilage, tendons or muscles. Following a knee injury, you may experience: pain, swelling, stiffness +/- loss of movement, weakness in thigh muscles, or tightness at the back of the knee.

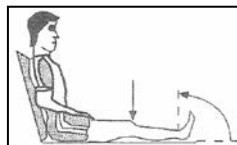
Initial Treatment

- **Relative rest** – rest your knee for the first few days. You can usually start some gentle exercises, as long as it's not causing too much pain
- **Ice** – this may help to ease pain and swelling. Apply an ice pack wrapped in a damp towel for 10 min every 3-4h.
- **Compression** – using a bandage can help limit swelling
- **Elevation** – elevate your lower leg so that it rests higher than your hip. This aims to limit and reduce swelling.

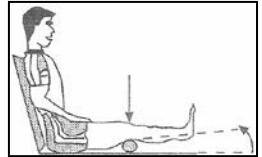
Knee strengthening exercises

Within the first few days, try to get moving and try these gentle exercises.

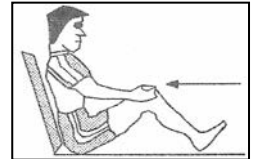
1. Pull your foot up at the ankle so that your toes point to the ceiling. Tense your thigh muscle and push your knee down onto the bed. Keep pushing your knee down and tensing your thigh while you count to 5. Repeat x10.



2. 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. Repeat x10



3. 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 x10



The exercises should be done at least three times daily. Start with 2 sets of 10 of each exercise; build up to 3 sets of 10 and then increase the weight gradually. The aim is to restore normal knee function and strengthen the muscles around your knee.

Physiotherapy

If pain is affecting your activity and is persisting, you can ask your GP to refer you to a physiotherapist, or you can refer yourself directly.

You can also download “NHS 24 MSK” App on your phone for further exercises and advice. This resource is free of charge.

