

Knee injury (soft tissue injury)

After injuring your knee:

You may have injured your knee by damaging either the ligaments (sprain) or the muscles or tendons (strain). This will cause pain, swelling, stiffness and a limp. The following advice should help you to recover.

Things you should do

- Rest for the first 24/48 hours after your injury.
- Keep your knees raised (elevated) with your foot higher than your bottom to help prevent/reduce the swelling.
- Use ice packs (crushed ice wrapped in a tea towel will do), for 15 minutes every 2 hours if you can.
- Take the recommended medication to relieve the pain - this can be bought over the counter from a pharmacy. Follow the instructions on the packet/bottle.
- Exercise your knee gently 3-4 times per day, once most of the swelling has gone down. If the movements hurt, try and make them smaller.
- If you are not getting better after 1 week, return to the Minor Injury Unit.

Things you should not do

- **Use ice packs:**
 - Over areas of skin that are in poor condition.
 - If you have poor sensation to cold.
 - If you know you have poor circulation.
- Place ice packs directly onto your skin as they can burn.
- Do not leave ice on while asleep.
- Wear any support bandage in bed.
- Stand still for long periods.

Exercises

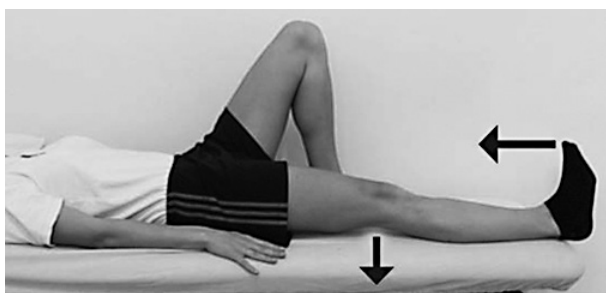
While lying down:

1. Gently slide your heel towards your bottom, bending the knee as far as you can manage. **Repeat 5-10 times.**



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2. Push your knee down into the bed. Hold for 5 seconds then relax. **Repeat 5-10 times.**



3. Put a rolled up towel under your injured knee. Push down into the towel and lift your heel off the bed. Slowly lower your heel again. **Repeat 5-10 times.**



4. Keep leg straight and lift off the floor/bed 10cm. Slowly lower. **Repeat 5-10 times.**

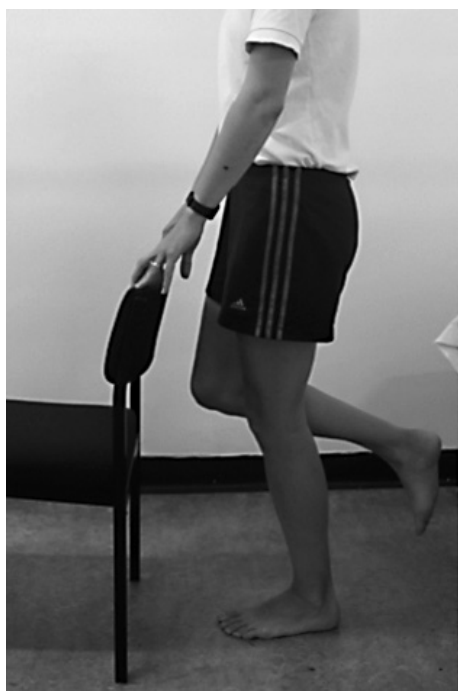


5. With your legs stretched out in front of you, point your toes and foot up towards you, and then point them away. Alternate between these positions. **Repeat 10 times.**



While standing:

6. Stand holding on to support in front of you. Bend the knee bringing the heel towards your bottom. Slowly lower. **Repeat 5-10 times.**



- You can return to normal activities as soon as the pain and swelling have fully resolved and the strength in your knee has returned.
- Only perform exercises to the start of your pain, never force yourself through severe pain. Stop them if the exercises severely increase your symptoms.

Please contact your GP or NHS111 for any queries or concerns.

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

November 2023 V2



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