

Further sources of information

NHS Choices:

www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Knee injury

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

You may have injured your knee by damaging either the ligaments (sprain) or the muscle or tendon (strain). This can cause pain, swelling, stiffness and a limp.

You should:

- ✓ Use ice packs (frozen peas wrapped in a damp towel will do) for 10 minutes, 4-6 times a day.
- ✓ Rest your leg on a stool with pillows to raise your leg whenever you are sitting.
- ✓ Wear a support bandage over your knee if provided (try not to get wrinkles in it).
- ✓ Take tablets such as ibuprofen or paracetamol to relieve the pain.

Ibuprofen should be used with caution if you suffer from asthma or stomach ulcers. Always read guidance on usage when taking any medication.

You should not:

- x Wear the support bandage in bed.
- x Stand still for long.

If you are not getting any better please go to your GP or nearest Emergency Department.

You may have been given a stick/crutches to help you walk. Please return the equipment to the Emergency Department reception when you can walk unaided. This will help other patients.

Exercises

Start the following exercises immediately, within the limits of your pain. You should try to do these 3 times a day:

1. Lie on your back with your knee straight. Push you knee firmly down on to the bed by tightening your thigh muscles. Hold for 5 seconds and repeat 10 times.
2. Lie on your back. gently slide your heel towards your buttock to bend your knee, then straighten it. Repeat 10 times.

Once the acute pain has settled you can add the following exercises to help your knee regain full function and strength:

1. Lie on your back with your knee bent over a rolled up towel or cushion. Lift your heel off the bed by straightening your knee. Hold for 5 seconds then slowly lower your heel. Repeat 10 times.
2. Sit on a firm chair. Slowly straighten your knee as far as you can. Hold for 5 seconds then slowly lower. Repeat 10 times.