

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 (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Discharge advice

Patella (knee cap) fracture



Healthier Communities,
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What is a fractured patella?

You have broken your knee cap (patella). This bone sits in front of the knee and covers the knee joint. The patella helps to protect the joint as well as provide strength and stability.

The most common causes of a patella fracture are falls directly onto the knee or a sudden, direct blow to the front of the knee. A sudden contraction of the strong muscles in your thigh can also cause the bone to crack, preventing the knee from straightening.



Swelling and bruising at the fracture site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

You may have been given a brace to wear whilst your fracture heals. You will also have been given exercises to do.

You should:

- Wear the brace as directed, if you have been given one.
- Try to walk as you normally do to help the healing process and prevent muscles from weakening.
- Start your exercises as soon as you are able. (will be in your physio leaflet)

You should not:

- Take part in any physical contact sports for 8-12 weeks as guided by your consultant.
- Miss your appointment with the knee specialist if this has been requested for you.
- Miss any physiotherapy appointments if these have been requested for you.

Problems and further advice

A fracture liaison service is available. and advice can be given over the telephone.

If there are any issues or you have any concerns/ questions, we advise you seek help.

Call the fracture liaison nurses on 01623 622515, extension 4114 or 6807, between 8am and 4pm, Monday to Friday.

Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.