

**Please make an appointment to see your GP if you feel your injury is getting worse.**

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#### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 2789.

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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

Immediately after a knee injury you should reduce the pain and swelling with rest, ice, compression and elevation. It is also important to regain the movement as soon as possible.

**Rest:** Avoid activities and movements that increase pain during the first few days after the injury. Limit your walking for the first 48 hours but then progress walking indoors and outdoors as comfort allows. **Movement:** After a rest period of 48 hours, start gentle exercises, this will accelerate the healing process.

**Ice:** Apply ice to the injured area; this may help to reduce the pain. Apply the ice for 20 minutes every two hours (use an ice pack or a bag of frozen peas wrapped in a damp towel, to protect your skin).

**Compression:** Applying external pressure using taping or bandages will help with the pain and swelling. You want it to be snug but not too tight, as it may hamper the blood circulation to your foot.

**Elevate:** While applying the ice you can elevate your leg; this will help to reduce the swelling. This is most effective if your leg is higher than your heart.

#### **Crutch or walking stick**

If you have been advised or your knee is very painful and swollen, you may benefit from using a crutch. This may help you to walk without limping. If you are using only one crutch it is important you hold it in the opposite hand of your injured knee.

When the pain and swelling has reduced, and you have almost full movement you can work on strengthening the muscles around your knee.

#### **Exercises to increase the strength in your quadriceps (thigh) muscle:**

**1. Inner range quadriceps strengthening**  
Lying on your back, place a firm cushion or rolled up towel under your affected leg. Lift the lower part of your leg so that your heel lifts off the bed. Hold for five seconds before relaxing. Complete the exercise until the thigh muscle fatigues.

**2. Straight leg raise**  
Straighten your affected leg and pull your toes towards you and lift your leg to about 15cm above the bed, hold for a second then relax. Complete the exercise until the thigh muscle fatigues.

**3. Advanced quadriceps strengthening**  
Stand with the foot of the affected leg up on a step. This foot stays on the step throughout this exercise. Step up onto the step with your other foot and then step off with this leg.