Together we care

Blackpool Teaching Hospitals NHS
NHS Foundation Trust

Recovering from an Acute Knee Injury

Emergency Department Patient Information Leaflet

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

01253 955588

Our Four Values:

People Centred | Positive | Compassion | Excellence

The First 24 - 48 Hours

REST: Reduce walking and standing to a minimum.

ICE: Apply ice for a maximum of 5 minutes every 2 hours for the first 24 hours and then 10 minutes every hour after this with the limb elevated.

Note: *Never apply directly over or on the skin, use a protective oil plus a damp towel to protect the skin. If the application of ice causes any pain, remove it immediately. If you have any heart or circulatory problems, ice should only be applied on the advice of your Physiotherapist/Doctor.*

COMPRESSION: A compressive bandage may be applied to provide counterpressure, reducing swelling and bleeding.

ELEVATION: Elevation reduces the blood flow thus reducing swelling - this is achieved by elevating the leg so that the ankle is above the heart - resting the leg on four or five cushions or a stool under the leg may achieve this effect.

48 Hours to Four Weeks:

1. Lying on your back bend and straighten your leg as far as possible. Repeat this exercise 20 times every hour.

1. Lying on your back with legs straight. Bend your ankles and push your knee down firmly against the bed. Hold for 5 seconds and slowly relax.

2. Lying on your back with one leg straight and the other leg bent. Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20cm off the bed. Hold for 5 seconds and slowly relax.

Repeat each exercise 10 times with both legs every hour.

Static Stretching Exercises:

1. Lying on your back lift your leg towards your chest. Place your hands behind the knee. Gently pull your leg towards your chest. Feel the stretch behind your thigh.

2. Stand holding on to a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on. Draw your heel towards your buttock keeping your knee pointing towards the floor. Feel the stretch in the front of your thigh.

Repeat each stretch 3 times twice a day; hold each stretch for 15 seconds. DO NOT BOUNCE.

Balance and Co-ordination Exercises

Do exercises 1-5 holding each one for 30 seconds, progressing to one minute as your knee gets stronger.

- Standing on one leg (injured).
- Standing on one leg (injured) - with arms out.
- Standing on one leg (injured) - with arms out, eyes closed.
- Stand on a cushion.
- Stand on a cushion - throw and catch.

General Advice:

Healing of soft tissue injuries around the knee will take 2 - 8 weeks to settle depending on the severity of the injury. This leaflet is a guideline to self management of such injuries and therefore if there is any doubt on management, it is best to seek further opinion via your GP or physiotherapist. If symptoms increase with any of these exercises stop and seek medical advice.

Together we care

Blackpool Teaching Hospitals NHS
NHS Foundation Trust

Useful contact details

Main Switchboard: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**
email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:
Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website: **www.bfwh.nhs.uk**

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:
Procedural Document and Leaflet Coordinator
01253 953397

Approved by: Clinical Improvement Committee
Date of Publication: 8/9/2014
Reference No: PL/771 V2.1
Author: A&E Department
Review Date 1/8/2017

Health & care information you can trust
The Information Standard Certified Member

Advertisement

FREECLAIM
compensation solicitors

If you've been injured in an accident, call our FREE helpline for legal advice on making a compensation claim.

Accident Advice Helpline

- Outstanding legal expertise
- Proven track record of success
- Legal 500 recommended
- Putting clients' needs at the heart of everything we do

*Recommended by the Legal 500 as a leading personal injury solicitors. *Subject to our usual terms. Freeclaim is a trading name of Freeclaim Services Limited.*

www.freeclaim.co.uk

Call 24 hrs for confidential advice after an accident and help on making a claim

0800 612 9156

"Trust will not accept any liability arising in respect of defect, negligence or complaint arising in respect of products and or services advertised within this leaflet"