

Further Information

If you require any further information after reading this booklet, please contact:

Physiotherapy Call Centre
Tel: 01926 600818

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to quality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- You have a responsibility to treat other service users, patients and or staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600054, by email: Pals@swft.nhs.uk or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

Catalogue Number: SWH 01389

Version: 2.1

Publication Date: January 2016

Review Date: January 2021

Author: Physiotherapy Team Leader



Approved by
SWFT Patient
Information
Group



South Warwickshire
NHS Foundation Trust

PHYSOTHERPAY DEPARTMENT

Rehabilitation Advice following an Acute Knee Injury

Patient Information Leaflet

**If you are unable to attend your appointment please
telephone 01926 600818 to cancel your appointment**

This leaflet should help you to manage your knee injury over the next few days and promote quicker healing.

Follow the below 'PRICE' principles to minimise knee pain & swelling.

- P Protect** the injury from further injury by resting.
- R Rest** It is important that the knee has regular periods of rest to allow your tissues to heal. In some cases it may be necessary to use crutches initially.
- I Ice** should be applied regularly after a soft tissue injury. Apply crushed ice or a packet of frozen peas, placing a damp towel next to the skin to prevent an ice burn. Apply for up to 15 minutes. Do not use ice if you are circulatory or sensation problems.
- C Compression** If the joint is very swollen, a tubi-grip bandage may help to control the swelling. Remove the tubi-grip at night.
- E Elevation** Whenever possible, try and rest your leg in a position so that your foot is higher than your hip. This will help to reduce the swelling.

Swelling, pain & exercise

It is common after trauma to experience both pain and swelling. This is your body's reaction to a soft tissue injury. Both swelling and pain should reduce as your knee improves and painkillers may be beneficial in the early days.

Exercise is vitally important to help to reduce swelling and restore movement and limit muscle wastage

Exercise

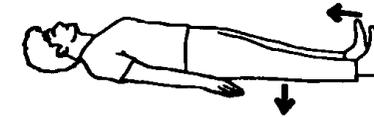
Exercise may be uncomfortable at first but should reduce with repetition. Perform the exercises slowly & gently to begin with, increasing the repetitions as pain allows. Aim to exercise at least three times a day.

- 1. Knee bend:** Lying down bend and straighten your knee aiming to increase knee bend range of movement.



© PhysioTools Ltd

- 2. Static quadriceps:** Lying down with your knee straight, pull your toes towards you and push your knee down firmly into the bed. Tighten the muscles in the front of your thigh and hold for 5 seconds.



© PhysioTools Ltd

- 3. Straight leg raise:** Repeat the 'static quadriceps' exercise above but then raise your leg 10 inches off the bed and hold for 5 seconds. Then lower to the bed slowly.



© PhysioTools Ltd

Walking Advice

As the pain reduces, aim to achieve a normal walking pattern as early as possible. Discard any crutches you have been given as soon as you can walk without limping and can lift your leg as in exercise 3. If you need to use one crutch use it in the opposite arm to the injured leg. You may have been issued an appointment see the A&E physiotherapist in a few days to check that your knee is recovering appropriately. **If you decide you no longer need a physiotherapy appointment please telephone 01926 600818 to cancel the appointment giving at least 24 hours notice.**