

**Patient
Information**

Looking after your injured knee

Introduction

There are many different causes of knee pain, this leaflet provides advice which is relevant to your problem.

Please note that some patients will be provided with a knee splint. Specific advice will be provided which the clinician will discuss with you. Please ask if you need further information.

General advice

During the first 5 days, pain relief should be taken – your pharmacist will be able to advise you.

It is also recommended that you follow the advice below:

Apply an ice pack wrapped in a damp towel for 10 minutes. Do not apply ice directly to skin as it can burn. Re-apply every 2 hours for the first 2 to 3 days. If the area becomes very painful, numb or tingles, remove the ice pack immediately. Do not reapply the icepack until the feeling in your skin has returned to normal.

If your knee pain is as a result of an injury, it is important you keep the knee moving. Performing the following exercises will help to prevent stiffness and weakness developing.

Start by sitting upright on a firm surface with your back supported and legs straight. You should be warm and comfortable.

Exercise 1 Hamstring stretch

Pull your foot up at the ankle so that your toes point up to the ceiling.

Tense your thigh muscle and if you push your thigh down you work your hamstring, at the back of your leg rather than your quadriceps at the front of your thigh.

Keep tensing your thigh while you count to 5. Repeat this 10 times.



Reference No.

GHP10052_02_25

Department

Emergency

Review due

February 2028

**Patient
Information****Exercise 2
Heel lift**

Place a rolled-up towel underneath your knee.

Press your knee down and lift your heel up until your leg is straight.

Hold your leg straight for a count of 5 then lower your heel gently.

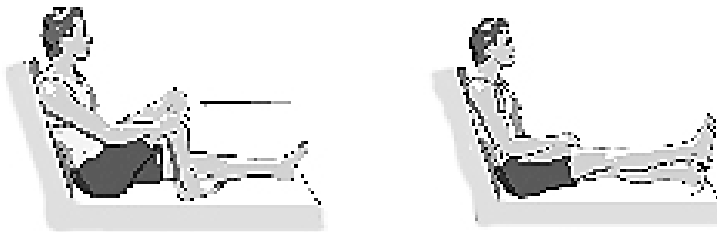


You can make your thigh muscles work harder by placing a weight over your ankle, and increasing the weight progressively.

Remove the towel from underneath the knee and bend the knee as far as it will comfortably go.

If you can reach, gently hug the knee towards your chest. Then straighten your leg.

Repeat this 10 times.

**Exercise 3
Leg stretch**

Sit on the floor with your legs stretched out in front.

Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds.

Straighten your leg as far as you can and hold for 5 seconds. Repeat 10 times on each leg.

**Patient
Information****Exercise 4
Straight-leg raise (sitting)**

Sit well back in the chair with good posture.

Straighten and raise one leg.

Hold for a slow count to 10 then slowly lower your leg.

Repeat this at least 10 times with each leg.

If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. This could be done every time you sit down.

Any X-rays taken will be reviewed by a specialist doctor. If there is any concern that there may be a more serious injury, you will be contacted.

Contact information

For further information about managing your injury, please contact:

Physiotherapy

Website: www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/how-can-i-see-physiotherapist/

NHS 111

Tel: 111

Further information**Versus arthritis**

www.versusarthritis.org

Content reviewed: February 2025

Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>