

Knee Injuries

Advice and treatment

Knee pain can be caused by many different things such as a sports injury, twisting it while you're walking, or because of a health condition.

This guide is intended to accompany the advice given to you by your GP or physiotherapist. If your pain continues to get worse, contact them again for advice.

Signs and symptoms

Knee injuries typically happen because of a sudden changes of direction, such as twisting, turning and kicking. They can also occur by simply slipping on a wet surface.

Symptoms may include:

- Pain – either around, or deep within your knee where you can't point to where it is painful
- Swelling and/or bruising
- Loss of range of movement
- Stiffness or something in the knee preventing complete straightening or bending
- A feeling that your knee will give-way, lock up or feel unstable

You can find out more about knee injuries – including causes, symptoms and treatment suggestions – from the NHS website

Visit NHS website [nhs.uk/conditions/knee-pain/](https://www.nhs.uk/conditions/knee-pain/)

Treating knee injuries

Follow the P.O.L.I.C.E approach in the first 48-72 hours

Protection – Rest the injured area. When ready, you can start gentle motion while protecting the area. You may need an assistive device, like crutches, to walk in the short term

- **O**ptimal **L**oading – Doing gentle progressive movements after your injury can promote optimal healing, and prevent delays in returning to normal due to joint and muscle tightness or atrophy
- **I**cing the area – Wrap a bag of frozen peas in a damp towel and apply to the area for 15-20 minutes at a time, every 2-3 hours
- **C**ompressing the area – With a simple elastic bandage or elasticated tubular bandage, which should be snug but not tight
- **E**levate your foot whilst resting – Ideally at least to the same level as your hip

Treating knee injuries

Exercises

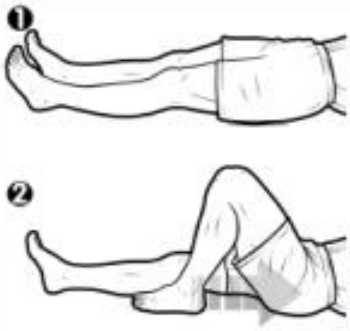


Before exercising, please read the other page for advice on what to do in the first 48-72 hours of your injury.

After 48-72 hours try to complete some gentle exercise. These can be performed with some pain, however if too painful reduce the number or frequency of the exercises or stop and seek advice.



These exercises can help improve mobility and strengthen the muscles around your knee and hip. Start with **Group 1** and move onto **Group 2** as your strength improves and your pain goes.


Take your time and take a break if you feel your pain getting worse.

Group 1

	ACTIVE KNEE FLEXION Lie on your back with your legs straight (1). Slowly slide your heel along the floor towards your buttocks, bending your knee as far as you can (2). Slowly straighten your leg and repeat.
	SETS & REPS: 10-20 reps FREQUENCY: 3-5 x day
	CHAIR ASSISTED CALF RAISES Standing behind a chair for support (1), slowly rise up onto your toes as far as you can (2). Slowly lower and repeat 10-12. Then repeat but with keeping your knees slightly bent 10-12
	SETS & REPS: FREQUENCY: 2-3xday
	CHAIR ASSISTED SQUATS Standing behind a chair for support (1). Carefully squat down as far as comfortable then return to standing upright. Try to think of sticking your bottom backwards (2). Repeat.
	SETS & REPS: 10-12 FREQUENCY: 3xday

Group 2

	SUPINE BRIDGE Lie on your back with your arms by your side, knees bent and feet flat on the floor (1). Flatten your back and then squeeze your bottom and raise your hips up. Slowly lower and repeat
	SETS & REPS: 15-20 FREQUENCY: 2xday

	WALL SQUAT With your back against the wall, feet hip width apart and feet far enough from the wall that your knees don't pass your toes as you slide down. Slowly slide down the wall as comfortable - do not allow knees to drop in. Squeeze your bottom as you slide back up the wall.
SETS & REPS: 12-15	FREQUENCY: 2xday

This leaflet is intended to support the advice you've received from your GP and Physiotherapist. Please contact them if you have any further questions.

The exercise diagrams have been created by The Rehab Lab.

Visit Rehab Lab website TheRehabLab.com/

How to contact us

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