

# Knee injuries

## About the condition

Knee pain can be caused by many different things such as a sporting injury, twisting while you walk, overuse, or because of another 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 further advice and guidance.

## Signs and symptoms

Knee injuries typically occur when a sudden change of direction occurs, such as twisting, turning, or kicking. They can also be caused by simply slipping on a wet surface or with general overuse. Symptoms include:

- pain – either around or deep within your knee where you can't point to
- 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, or is unstable

## Treatment

In the first 48-72 hours, remember **P.O.L.I.C.E.**

- **Protection:** Rest the injured area. Start gentle movement when it feels okay. You may need crutches for a short time.
- **Optimal Loading:** Begin light, comfortable movements early to help healing and stop stiffness or muscle weakness.
- **Ice:** Wrap ice or frozen peas in a damp towel. Apply for 15–20 minutes every 2–3 hours. Be careful to monitor for ice burns.
- **Compression:** Use an elastic bandage. It should feel snug, not tight.
- **Elevation:** Raise your foot while resting, ideally up to hip level.



## Exercises

Complete these gentle exercises little and often to help reduce stiffness and other symptoms. They may be uncomfortable, but they should not significantly increase your symptoms.

### 1. Knee bend (gentle stretch)

**Repetitions:** 10-20 **Frequency:** 2 times daily (morning and afternoon)



Sit on the floor with both legs straight in front of you.

Slowly slide your affected leg toward you, bending the knee as far as feels comfortable. Use your hands to gently help the knee bend a little more - only to a comfortable level. Hold the position and relax.

### 2. Knee straightening exercise

**Repetitions:** 10-20 **Frequency:** 2 times daily (morning and afternoon)



Lie on your back with a rolled towel under your ankle.

Gently press your knee down toward the bed to straighten your leg as much as feels comfortable. Relax, then repeat.

### 3. Mini squat (support at counter)

**Repetitions:** 10-20 **Frequency:** 2 times daily (morning and afternoon)



Stand facing a counter and hold on for support.

Keep your back straight and your heels on the floor.

Gently lower yourself into a small squat - only as far as feels comfortable. Avoid leaning forward.

### 4. Heel raises

**Repetitions:** 10-20 **Frequency:** 2 times daily (morning and afternoon)



Stand with both feet on the ground and hold a chair or table for balance. Slowly rise up onto your tiptoes, keeping your knees straight. Lower back down with control, then repeat.

## When to seek help

If you feel these exercises are making your symptoms worse, take a break. You can also speak to your GP for further help. This doesn't mean it's anything too serious. It may be that you need some extra help to deal with the symptoms, and you may be referred to a physiotherapist.

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