

Advice for patients who have been discharged following a knee injury

After an injury, follow R.I.P.E.:

- **R**est with your knee in a comfortable position. However, see section on exercises below.
- **I**ce. Apply a cold compress to your knee for 10 minutes. If using an ice pack, always wrap it in a towel first. Repeat up to 3 times a day. **Never apply the ice pack directly to the skin or over broken skin.** Heat packs/hot water bottles may also be of benefit, but do not use in the first 48 hours following injury.
- **P**ain relief. Take pain relief so that you can move your knee. This will prevent stiffness and allow you to do the exercises below.
- **E**levation of leg on stool/chair/pillows, with your knee above your hip.

Exercises

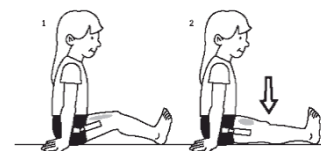
These form an important part of rehabilitation. Aim to start after 48 hours unless complete rest has been advised. You can start sooner if your pain lets you.

While doing these exercises, do not push through the pain and if the pain increases, reduce the number or frequency of repetitions.

For each exercise, hold for 5 seconds and repeat 10 times. Aim to do 3 times a day.

Static quads

Sit on the floor, legs straight out in front. Push your knees back into the floor, drawing the knee cap and toes towards you.



Straight leg raise

Laid on the floor with your legs straight out, pull your toes up and tighten your thigh muscles. Keeping your injured knee straight, lift your foot 6 inches off the ground.



Knee extension with wedge

Use a towel or pillow as a wedge under your injured knee. Pull your toes up and push your knee back against the wedge. Straighten your leg out and hold.

Standing knee flexion

Stand on your good leg, holding onto something for support. Bend your injured knee up as far as possible.

Seated knee flexion/ extension

Sitting on a chair, cross your ankles with your good leg on top. Gently push your injured leg back until you feel a stretch.

Prevention

By maintaining a good level of fitness, you can prevent many injuries. If you are not normally an active person, you need to start exercising gently. Do not overdo it.

Make sure you always warm up before and warm down following exercise.

For further advice please contact:

- Emergency Department 01535 294481
- Your GP
- NHS 111 111, or 111.nhs.uk

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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