

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)
01225 825015 (night)

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email:
ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Recovering from an acute knee injury



The First 24-48 Hours

Rest: Reduce walking and standing to a minimum.

Ice: Apply ice (frozen peas or crushed ice wrapped in a damp towel) for a maximum of 5 minutes every 2 hours for the first 24 hours and then 10 minutes every hour after this with the limb elevated.

Note: Never apply ice directly over or on your skin, use damp towel to protect your skin. If the application of ice causes any pain, remove it immediately. If you have any heart or circulatory problems, ice should only be applied on the advice of your Physiotherapist/Doctor.

Elevation: Elevation reduces the blood flow thus reducing swelling – this is achieved by raising your leg so that your ankle is above your heart. For example, by resting your leg on four or five cushions or placing a stool under your leg.

48-Hours to Four Weeks

Exercises

The exercises for you to do can be found at

https://gateway.physiotools.com/print/P.aspx?PrintDataId=04db2db473e74fb_C7A05EDA