

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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Knee Injury Exercises



Knee Injury Exercises

You may have injured your knee by damaging either ligaments (sprain) or the muscle or tendon (strain). This will cause pain, swelling, stiffness and a limp.

You should:

- ✓ Use ice-packs (frozen peas wrapped in a towel will do) for 10-minutes, 4-6 times a day
- ✓ Rest your leg on a stool with pillows to raise your leg whenever you are sitting
- ✓ Take tablets such as Ibuprofen or Paracetamol regularly (both available from a chemist) to relieve pain.

You should not:

- ✗ Stand still for long.

If you are not getting better make an appointment to see your GP.

You may have been given a stick/crutches to help you walk. Please bring it/them back when you can walk without it/them. You can leave them at the Emergency Department Reception desk at any time. This will help others.

Exercises:

Exercise your knee gently 4-6 times a day once most of the swelling has gone down. If the movements hurt, try to make them smaller

The exercises for you to do can be found at:

https://gateway.physiotools.com/print/P.aspx?PrintDataId=fae4b9f390f54b4_212C5A15

Exercises Courtesy of © PhysioTools Ltd.

