



Northumbria Healthcare
NHS Foundation Trust

Knee injury

Issued by the walk-in services and minor injury units

This leaflet is to give you advice about your knee problems.

Knee pain

Knee pain can be due to an accident, inflammation or infection. Sometimes the doctor or nurse practitioner will not be able to tell you exactly what is wrong with your knee. They will advise you on the best course of treatment for your symptoms.

You may experience swelling, stiffness and pain around the knee joint (may extend down the leg and foot).

Following the advice in this leaflet should improve your symptoms.

If you are still experiencing problems after ten days you should contact your GP.

Alternatives / options for treatment

Painkillers

You should take painkillers to help you with your pain. paracetamol and ibuprofen, if you can take them, will be suitable. You can seek advice from a pharmacist as well.

Elevation

Put your affected knee on some pillows higher than waist level.

Ice packs

Ice packs help to reduce inflammation during early stages following an injury. It cools the area down and reduces swelling.

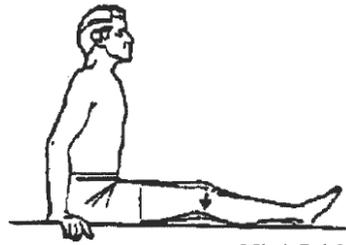
- Use a bag of frozen peas or crushed ice cubes placed in a plastic bag.
- Protect your skin from ice burns with a damp flannel or cloth. Place your cold pack on top of the painful area and wrap the towel around to hold it in place. Never apply ice directly to the skin as this may result in an ice burn.
- Ice packs can be applied two to three times a day for 20 minutes, leaving two hours between applications.

Exercises

After a knee injury it is important to restore the joint to its normal range of movement. This is achieved through gentle stretches and exercises performed within the limits of pain.

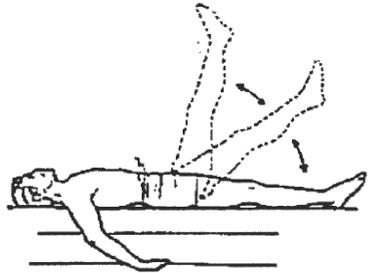
Injuries to knees leave the muscles weaker and more susceptible to future problems. Gentle exercises help return muscles to their normal function and prevent further injuries. Exercises should be performed regularly throughout the day. You should repeat each exercise approximately five times and gradually increase as the pain decreases.

1. Sit with legs stretched out. Push your knees onto the bed. Hold for ten seconds.



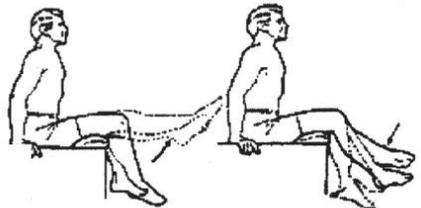
© Physio Tools Ltd.

2. Lie down flat.
Slowly raise your leg, hold for ten seconds and then lower your leg.



© Physio Tools Ltd.

3. Sit on the edge of a bed or chair.
Slowly bring your leg up to a straight position. Hold for ten seconds and then lower your leg



© Physio Tools Ltd.

4. Stand against a wall. Slowly bend your knees to a squatting position. Hold for ten seconds then stand up.



© Physio Tools Ltd.

Contact

Should you have any questions or queries please ring 0844 811 8111 and ask for one of the following:

A&E Reception, Wansbeck General Hospital
(Open from 8am to 10pm)

A&E Reception, North Tyneside General Hospital
(Open from 8am to Midnight)

A&E Reception, Hexham Children's Unit, Wansbeck
(Open from 8am to 10pm)

Alnwick Minor Injury Unit (Open 24hours)

Berwick Minor Injury Unit (Open 24 hours)

Blyth Minor Injury Unit (Open from 8am to 5pm, Monday to Friday)

You can call NHS 111 for urgent medical advice 24/7.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

PIN 225/V7

Review date: December 2021

© This material is the copyright of the Northumbria Healthcare NHS Foundation Trust