



You have a

Knee Soft Tissue Injury

This is a sprain to your knee.

Healing:

It can take six-twelve weeks for this injury to heal, depending on the severity of the injury.

Smoking will slow down your healing. We would advise that you stop smoking while your injury heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.

Pain and swelling:

Your knee will be swollen and you will have some pain. Swelling is often worse at the end of the day. Taking pain medication, elevating your knee and using ice or cold packs will help. More information is on the next page.

It is normal to have mild pain and swelling for three to six months.

Walking and your brace:

You are allowed to put weight through your leg. You may find it easier to use crutches in the early stages. You will need to pace your activity until your pain and movement is better.

You may have been given a knee brace in A&E. This can be used to help manage your symptoms in the early stages. Try to stop using the brace as soon as you can.



Exercises:

It is important to start exercises as soon as possible. Instructions are on the next page.

Follow up:

Routine follow up appointments are not always needed after a sprain to the knee. Most injuries recover well with self-management. If you have significant pain, instability or still need your brace and crutches three weeks after your injury, please contact the Virtual Fracture Clinic. A further consultation may be required.

Any questions:

If you are concerned about your symptoms, unable to follow this rehabilitation plan or have pain other than at your knee, please contact the Virtual Fracture Clinic team.



Caring for your injury

If provided, use your brace for comfort. This video provides you with a guide for fitting your brace: <https://vimeo.com/386673392>. Try to stop using the brace as soon as you can. Remove your brace to wash, dress and do your exercises.

Using a cold pack will help with your pain and swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your knee for up to 15 minutes every few hours. Make sure the ice is not in direct contact with your skin.

Try to rest your knee, especially in the first 24-72 hours. Raise your leg on a stool or cushions to that it is above the level of your hip. This will help to reduce your swelling.

Exercises:

Early exercise is important to recover movement and promote circulation. This will reduce the risk of developing a Deep Vein Thrombosis (blood clot).

Do these exercises 3-4 times a day. Start straight away, you do not need to push into pain.



Ankle Exercises

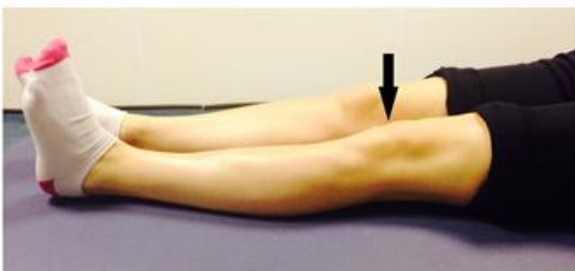
Rest with your leg supported.

Point your foot up and down. Repeat this 10 times.



Static Quadriceps Exercise

Rest with your leg supported and straight. Gently tense the muscles in your thigh and try to straighten your knee further. Hold for five seconds and repeat 7-10 times.





Inner Range Quads Exercise

Place a rolled up towel or small pillow under your injured knee.

Tense your thigh muscle and try to straighten your knee. Keep the back of your knee in contact with the towel/pillow.

Repeat 10 times. If you can, try to hold your knee straight for five seconds.



Knee Flexion and Extension:

Sit or lie with your legs out stretched.

Bend and straighten your injured leg. Go as far as you feel comfortable.

Repeat 7-10 times.



Seated knee flexion and extension:

When you can do the first knee bending exercise easily, you can progress to this exercise.

Sit on a chair or on the edge of your bed. Bend and straighten your knee, lifting your heel off the floor.

Repeat this 10 times.

If you can, try holding your knee straight for five seconds.



Frequently Asked Questions

I am struggling with my brace. What do I do?

Ensure all straps are tightened and fitted correctly, and that the kneecap is aligned to the gap.

If you need more advice, contact the Virtual Fracture Clinic.

I am diabetic, does this change things?

If you are diabetic please contact us to discuss your boot. This is particularly important if you have problems with your skin. We may provide you with a specialist diabetic boot.

When can I start driving?

You can return to driving when:

- You are no longer using your boot
- You can walk comfortably
- You can perform an emergency stop pain free

Always test your ability to drive in a safe environment first.

How can I get a certificate for work?

You can get a fitness for work statement from your GP or the doctor at your Fracture Clinic appointment.

What do I do with my boot and crutches when I no longer need them?

We are not able to use braces again. These should not be return to the hospital.

Crutches can be returned to the Fracture Clinic or A&E.

How do I contact the Virtual Fracture Clinic?

Call 020 7288 3310



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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