



You have a

## Undisplaced Patella Fracture

This is a break to your knee cap.

### Healing:

It can take approximately six weeks for this fracture to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to [www.smokefree.nhs.uk](http://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 foot 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:

The knee brace must be worn day and night. You can only take it off to wash or use a cold pack. You must keep your knee straight and replace the brace when you are finished.

You are allowed to put weight through your foot. You may find it easier to use crutches in the early stages.

### Exercises:

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

### Follow up:

You will see a knee specialist approximately two weeks after your injury. They will talk about the next stage of your rehabilitation. If you have not received your appointment letter within one week, please contact us.

### 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

**Remember to wear your brace.** The specialist will tell you when you no longer need the brace. This video provides you with a guide for fitting your brace: <https://vimeo.com/386673392>

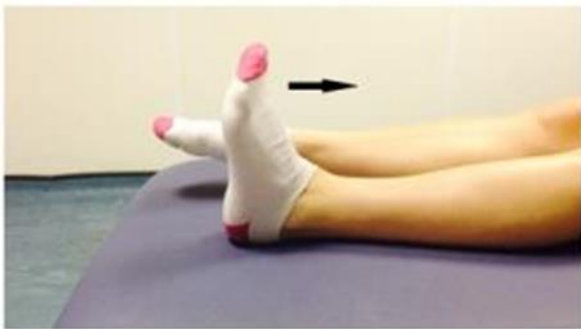
**Using a cold pack will help with your pain and swelling.** You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your knee for up to 15 minutes every few hours. Make sure the ice is not in direct contact with your skin.

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

### Exercises:

Early movement of the ankle and foot is important to promote circulation and 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

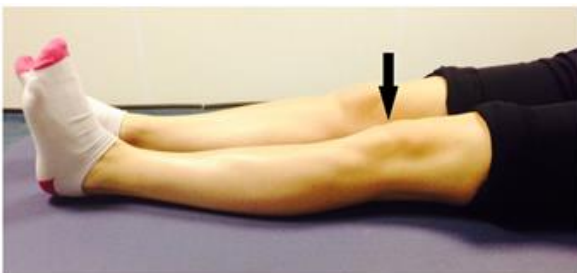
Rest with your leg supported.

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.



## Frequently Asked Questions

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

Ensure all straps are tightened and the kneecap is located centrally in the gap allowed, as it can slip down.

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

### **I am diabetic, does this change things?**

If you are diabetic, this should be discussed.

### **When can I start driving?**

You can return to driving when:

- You are no longer using your brace
- 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](mailto: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](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

Twitter.com/WhitHealth  
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

Date published: 19/05/2022  
Review date: 19/05/2024  
Ref: SC/T&O-VFC/UndispPatFr/01

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