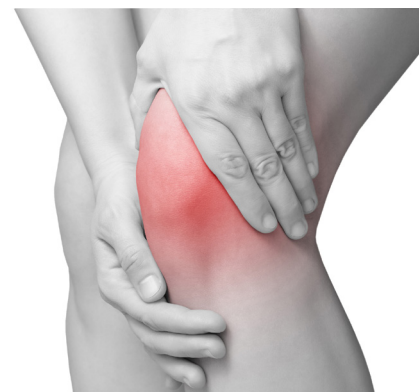


Knee Injury

You have been given this information leaflet because you have been diagnosed with a knee injury.

There are four main ligaments in the knee that can become injured. During injury, a knee ligament may be stretched (sprained), or sometimes torn (ruptured). You may have also suffered from an injury to the areas of cartilage tissue which act like shock absorbers in the joint - these are called menisci.



You may suffer from the following symptoms:

- Severe pain in your knee.
- Instability in your knee, which means you cannot put much weight on it – especially when going up or down stairs.
- Swelling in your knee.
- Not having the full range of movement in your knee and, in particular, not being able to straighten your leg completely.
- Locking or giving way of the knee.

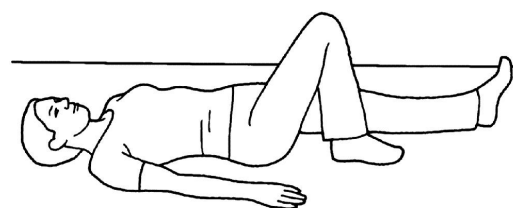
Treating a Knee Injury

Most knee injuries can be treated with **PRICE** advice. The aim is to reduce swelling, pain and joint stiffness, while preventing further damage.

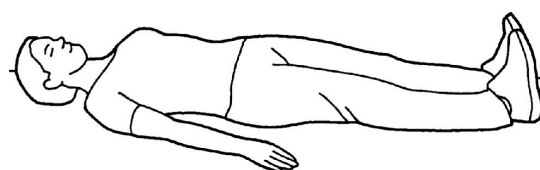
For the first 48-72 hours think of:

- PRICE – Protect, Rest, Ice, Compression, Elevation.
- Do no HARM – no Heat, Alcohol, Running or Massage.

Depending on the knee ligament injury that you have, you may be provided with a special brace to support your knee while the damaged ligament heals.



Lying on your back, bend and straighten your leg. Repeat this 10 times.



Lying on your back with legs straight, bend your ankles and push your knees down firmly against the bed. Hold for 5 secs then relax. Repeat this 10 times.

The following exercises may help:

continued over the page

**Emergency Department
and Minor Injury Unit**
Patient information

Recovering after a Knee Injury

Most injuries take 2-3 weeks to recover, but sometimes may take up to 6 weeks to be completely comfortable.

You may have been provided with a follow-up appointment with a knee specialist or physiotherapist. If there is no improvement in your symptoms after 4-6 weeks of physiotherapy, then you may be referred for further investigation or treatment e.g. MRI scan or surgery.

Treating Pain

If needed, painkiller options include the following:

Paracetamol is usually recommended for painful sprains or strains.

Non-steroidal anti-inflammatory drugs (NSAIDs) relieve pain and may also limit inflammation and swelling. You can buy some types (eg, ibuprofen) at pharmacies, without a prescription either topically as a cream, or as tablets. **You should check the medication advice leaflet to ensure you are safe to take these i.e some patients with asthma or stomach ulcers may not be able to.**

If this does not help, you may need an additional stronger painkiller – such as codeine – you should discuss this with your pharmacist or GP.

Further Information

For further advice and information about your condition, please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW

The Friarage: 01609 779911
Northallerton, North Yorkshire, DL6 1JG

Redcar Primary Care Hospital: 01642 511000
West Dyke Road, Redcar, TS10 4NW

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.
T: 01642 835964 E: stees.patient.experience@nhs.net

The James Cook University Hospital,
Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

Author: Emergency Department and Minor Injury Unit
Issue Date: March 2021 Review Date: March 2023

ST1608