

## Knee exercises following injury

### Information for patients

Your treatment will depend on how severe your injury is. In most cases treatment will follow the advice below. In more severe cases you may require crutches and a brace.

This information leaflet provides guidance on the amount of exercises you should aim to do.

However let pain be a guide to how much you can do. Aim to do as much as you can within the amounts given. At first your knee may feel stiff and painful. The discomfort and swelling will ease and settle as you continue to exercise. This may take a few weeks to months after an injury.

**WORK TO THE POINT OF PAIN, NOT THROUGH THE PAIN.**

#### **Pain relief**

Take over the counter painkillers as needed. Elevate and apply a cold pack on the knee to help with swelling if required.

#### **Initial exercises (3-4 times a day)**

Knee range of movement exercises. Repeat these 10 times each.

##### ***Flexion;***

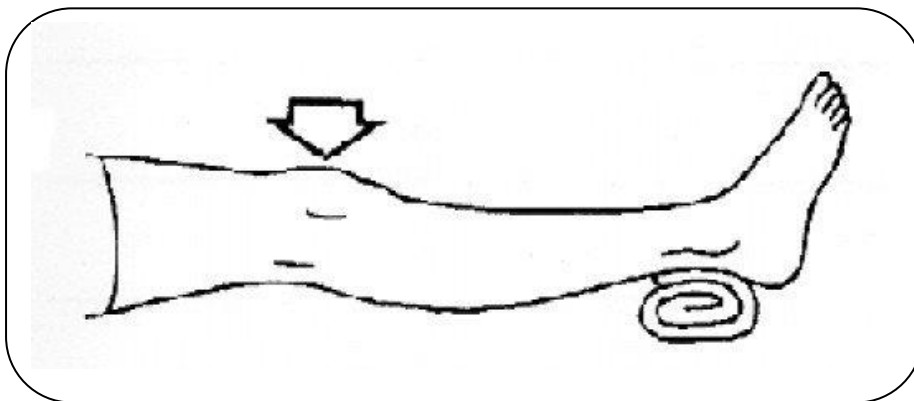
Bend your knee as far as you can (to the point of pain) and hold for 5 seconds, if able, use your other leg to push the knee back further.

Repeat 10 times each



***Extension;***

Place a rolled up towel beneath your ankle for up to 5 minutes. Let gravity push your knee straighter. Do not be worried if you cannot achieve 5 minutes straight away.

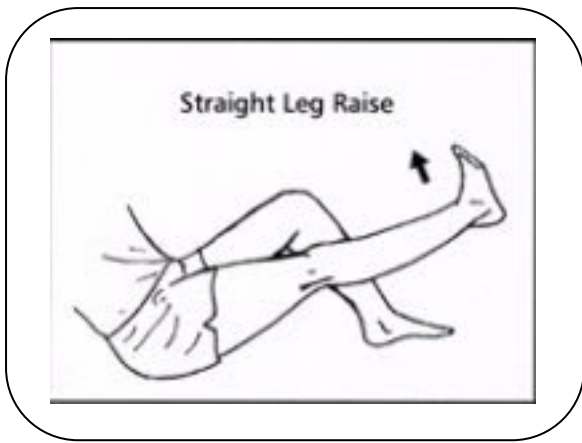


**Exercises from week two onwards (or when discomfort and swelling allow-  
This can vary among patients and different severities of injuries)**

***Straight leg raise;***

Whilst sat in a chair hold your leg out straight in front of you with your heel off the ground for 5 seconds.

Repeat this 10 times.



### ***Hamstring curl***

Whilst supporting yourself (eg holding onto the back of a chair) bend your knee, lifting your heel up towards your bottom. Do this slowly and with control.

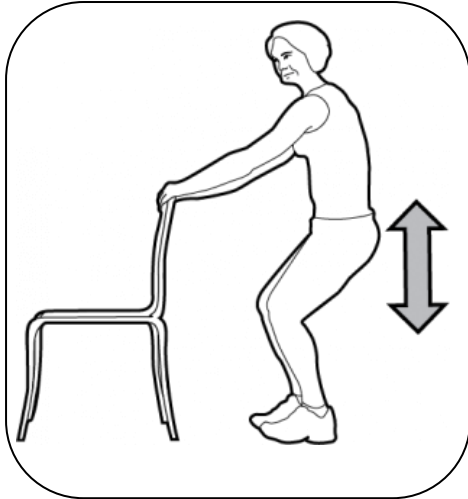
Repeat 10 times



### ***Mini Squat;***

Hold on to a chair or a table and gently bend your knees keeping your heels on the floor. Keep your back straight and your bottom tucked in. Hold for 5 seconds and slowly stand up.

Repeat this 10 times



**Once you feel comfortable with the above exercises try;**

Walking on your tiptoes

Walking on your heels

Walking sideways

Stepping on to a low step or stool

Jumping on the spot

Jogging, in line without changing direction.

**If you have any comments or concerns you can contact the physiotherapy department 01642 835709.**