

**Patient
Information**

Looking after your injured knee

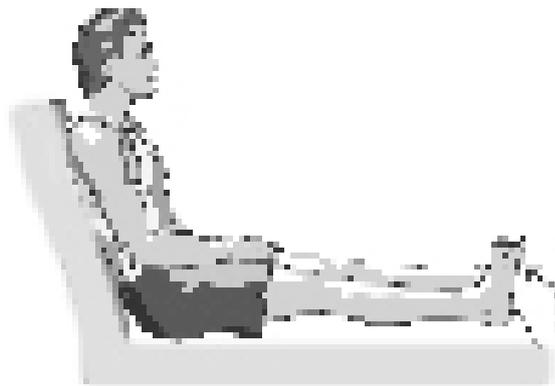
Introduction

There are many different causes of knee pain and this leaflet provides advice, which is relevant to your problem.

If your knee pain is as a result of an injury it is important you keep the knee moving; perform the following exercises to prevent stiffness and weakness developing.

Start by sitting upright on a firm surface with your back supported and legs straight. You should be warm and comfortable.

Exercise 1 Hamstring Stretch



Pull your foot up at the ankle so that your toes point up to the ceiling.

Tense your thigh muscle and if you push your thigh down you work your hamstring, at the back of your leg rather than your quadriceps at the front of your thigh.

Keep tensing your thigh while you count to 5. Repeat this 10 times.

Reference No.

GHPI0052_04_19

Department

**Emergency
Department**

Review due

April 2022

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Exercise 2

Heel lift



Place a rolled up towel underneath your knee.

Press your knee down and lift your heel up until your leg is straight.

Hold your leg straight for a count of 5 then lower your heel gently.

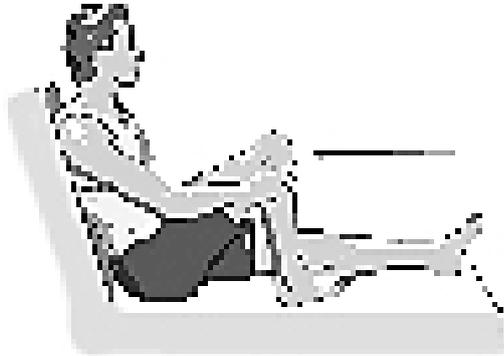
You can make your thigh muscles work harder by placing a weight over your ankle, and increasing the weight progressively.

Remove the towel from underneath the knee and bend the knee as far as it will comfortably go.

If you can reach, gently hug the knee towards your chest. Then straighten your leg. Repeat this 10 times.

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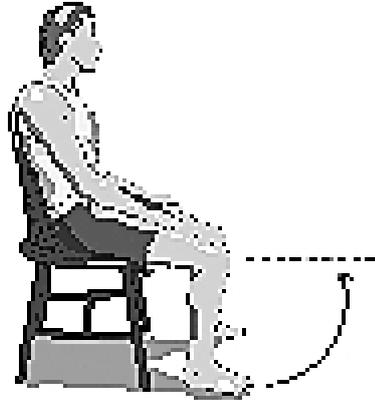
**Exercise 3
Leg stretch**



Sit on the floor with your legs stretched out in front.

Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds.

Straighten your leg as far as you can and hold for 5 seconds.
Repeat 10 times on each leg.

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Straight-leg raise (sitting)**

Sit well back in the chair with good posture.

Straighten and raise one leg.

Hold for a slow count to 10 then slowly lower your leg.

Repeat this at least 10 times with each leg.

If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.

Contact information

Should the pain in your knee increase, or your knee continue to swell, become hot to touch then you need to seek further advice and support. This can be obtained with from your GP, NHS 111 or return to the Emergency Department.

For further advice or exercises please contact the call back service from the Physiotherapy Department:

Physio call back**Gloucestershire Royal Hospital**

Tel: 0300 422 8527

Cheltenham General Hospital

Tel: 0300 422 3040

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Further information
Arthritis Research UK
www.arthritisresearchuk.org

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