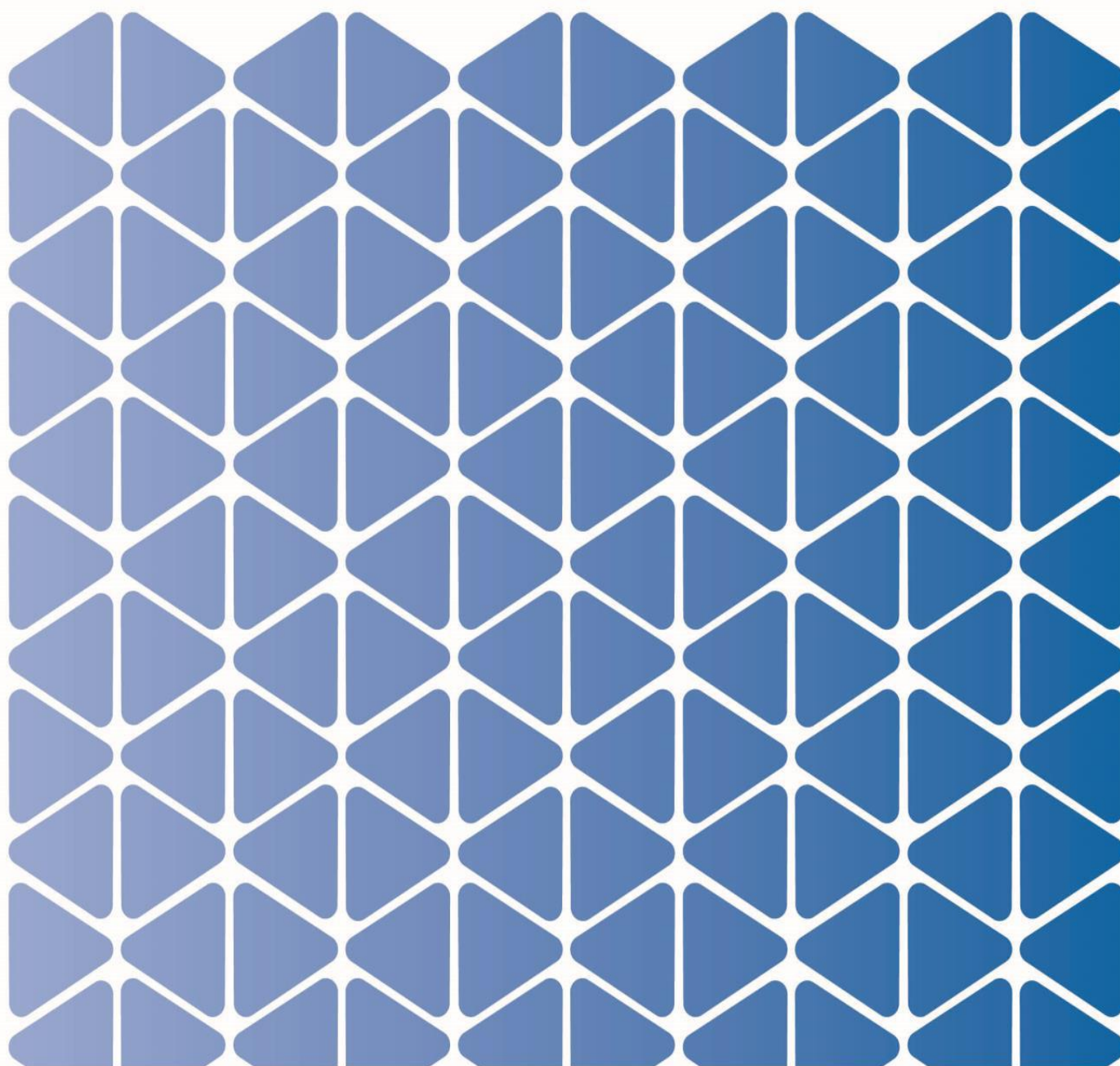
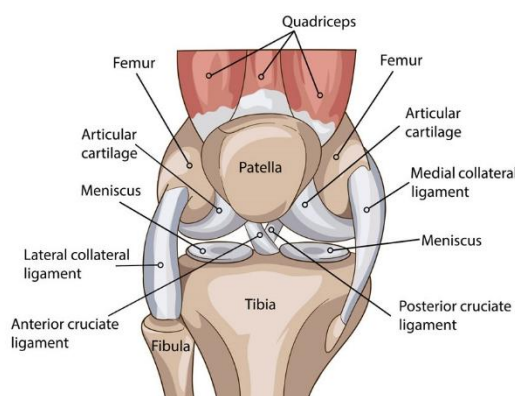


PATIENT INFORMATION**KNEE SOFT TISSUE INJURY**

Knee Soft Tissue Injury

This leaflet will provide you with the information required to begin rehabilitation following your knee injury. Soft tissue injuries of the knee can include injury to the muscles, tendons or ligaments inside or surrounding the knee joint.



Soft Tissue Healing

In the early phases of the healing process you will experience swelling however, this is normal as there will be increased blood flow to the injury site. The timeframe of the healing process can differ depending on the severity of the injury and many other healthcare factors – your healthcare professional will be able to give insight into healing timeframes.

Braces, Knee Supports and Crutches

You may have been provided a knee brace or support to help with your injury. This will protect the knee joint in the early phases of the healing process and allow structures to heal in specific positions. You will be guided by your healthcare professional on use of the brace or support.

You may be recommended to use elbow crutches in the early phases of your injury, this will help to manage pain, encourage early weight bearing and promote a normal walking pattern which are all important in the healing process.

Swelling and Pain Management

To help manage pain and swelling in the knee joint we recommend the following thing;

- Ice – Apply ice/cold packs to the knee joint for 15 minutes every 2-3 hours. Do not apply ice directly to skin. Use the ice pack on top of clothing or a towel. Check the skin regularly to prevent ice burns.
- Elevation – Ensure the knee joint is elevated. You can do this by raising your leg up on a stool.
- Movement – When we move, muscle contractions will act as a pump which will help reduce swelling.
- Pain Relief – Take pain relief as needed as this will allow you to mobilise your knee. If you have any further questions, please speak to a Pharmacist or your GP.

Early Exercise

It is important to mobilise your knee in the early phases of healing as it will assist with restoring range of movement whilst also strengthening the surrounding muscles and promoting circulation. Your Physiotherapist will advise which exercises they would like you to complete as part as your home exercise programme.

Heel Slides Sitting - Sit on the edge of a chair with your foot flat on the floor. Slide your foot backwards bending your knee, then straighten your leg.



Ankle Pumps – Move your ankles up and down to promote circulation in you lower leg.



Static Quads – Place a towel or pillow under your knee joint, squeeze your knee down for 3-5 seconds and then relax.



Inner Range Quads – Place a towel or pillow under your knee joint, squeeze your knee down whilst also trying to raise your heel.



Straight Leg raise – Contract your thigh muscle then lift your leg up into the air straight.



Bridge – Bring your heels up towards your bottom, push through your feet and lift your bottom off the bed.



Sit to stand – Sit on a supportive chair with both Feet hip width apart and under your knees. Stand up trying to keep your weight evenly distributed across both legs, slowly return to seated.



Additional Exercise Information

FAQ's

When can I return to driving?

When your pain levels have reduced and can safely perform an emergency stop.

When can I return to work?

Your consultant will advise you regarding work, you may require a fit note.

When can I stop using crutches?

When your pain levels are under control/have been advised by a healthcare professional.

Why is my knee still swollen?

Swelling can last for a number of weeks whilst the injured tissue undergoes the repair process, this is normal.

Do I still need to wear my brace?

You will be guided on use of your brace by a healthcare professional.

Do I Need a Scan?

MRI scans provide us with a detailed picture of the anatomy within your knee however, they are often not necessary as specific questions and physical assessment can determine the management plan instead.

Feedback for Inpatient Therapies

Please scan the QR code or follow the link below:

If you have been seen by a Physiotherapist or Occupational Therapist during your admission, please leave us some feedback by scanning the QR code or following the link and filling in the short survey.



<https://apps.worcsacute.nhs.uk/PublicSurvey/AHPFeedback>

Ward admitted to: _____

Therapy team who treated you: _____

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.