

Knee Injury

Home Exercises

After an injury to your knee you should try to keep it moving. Exercising it properly will help to stop it becoming stiff and weak. Exercises will also stop muscle wasting.

Pain Relief

Painkillers, eg, paracetamol/ ibuprofen. Take them regularly. Do not exceed the maximum daily dose. Start by sitting upright on a firm surface with your back supported and legs straight. You should be warm and comfortable.

Exercises (Simple)

- Pull your foot up at the ankle so that your toes point up to the ceiling. Tense your thigh muscle and push your knee down onto the bed. Keep pushing your knee down and tensing your thigh while you count to 5.
Repeat this 10 times



- 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. Start with a pound weight and gradually build it up.

- 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.



Exercises (Advanced)

Start this exercise in exactly the same way as you did the first one, by pulling your foot up, tensing your thigh and pushing your knee into the bed. Then lift your straight leg up 4 inches towards the ceiling.



- Keep it straight by bracing your knee back, and hold it straight in the air for a count of 5. Then lower it slowly, keeping it straight, back to the bed or floor. Let your leg relax completely for a few seconds. Use a weight over the ankle to make the muscles work harder. Repeat this 10 times.

- This exercise can be done when you are sitting in a chair or on the edge of the bed, again comfortably supported. Keeping your knee on the chair, lift your foot up so that your leg is straight. Hold for a count of 5 – then lower gently back and rest for a few seconds.



The exercises should be done at least 3 times daily. Start with 2 sets of 10 of each exercise; build up to 3 sets of 10 and then increase the weight gradually.

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.

For additional medical advice, if your symptoms or condition worsens

Contact your GP

NHS 111:

Telephone 111

Get help with your symptoms, NHS111:

<https://111.nhs.uk/>

Information to help you manage your health:

www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01527 512030

Tel: 01562 513039

Tel: 01905 760743