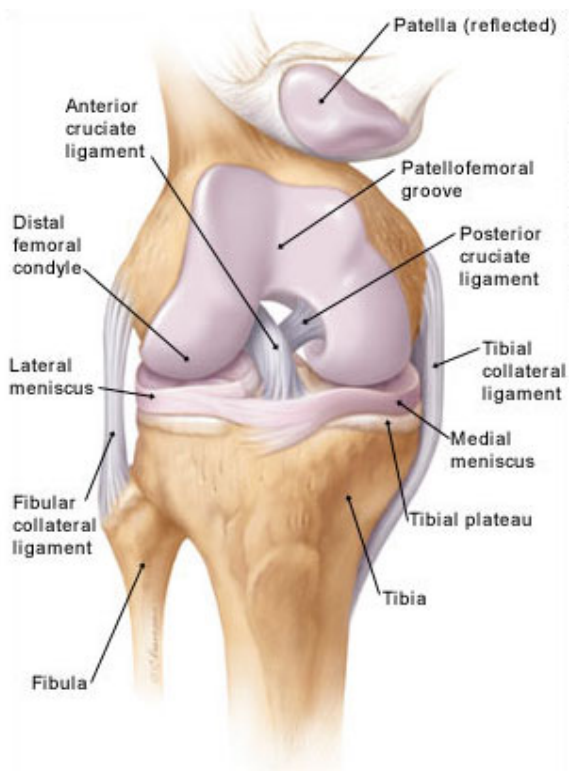


KNEE INJURIES

1. Understanding knee injuries

- The knee has many soft tissues within and around the joint.
- If the knee is subjected to abnormal forces such as twisting actions or bending sideways, these soft tissues may be damaged (sprain/tear). This will lead to pain and variable amounts of swelling of the knee.
- The particular structures that are damaged and the amount of damage may require further assessment when pain and swelling subsides.



2. Know the facts

FACT Any soft tissue injury in the early stages (2-3 days) requires 'RICE' Rest, Ice, Compression, and Elevation.

FACT Minor soft tissue injuries of the knee take between 3-6 weeks to heal properly

FACT Particular knee muscles will 'switch off' when there is pain and swelling in the knee. Your exercises will help switch them on again.

FACT Regaining correct walking technique early is very important for the function of your knee.

3. Tips to help your recovery

- Avoid 'HARM' : Heat, Alcohol, Running or Massage
- Use walking aids/crutches as directed, but try and increase the weight you are putting through your knee gradually each day.
- Wear any prescribed braces or compression bandages as directed. Only remove them to attend to personal hygiene.
- Ice your knee for the first 48 - 72 hours. Ice is helpful for pain and swelling. Use ice packs for *no longer than 20 mins*. Make sure you have a cloth layer such as a towel between the ice and your skin. Discontinue use if you develop any adverse reactions or discomfort.
- Take pain medication as instructed by your Emergency Department doctor and continue to speak with your local doctor or pharmacist about maintaining your pain relief.
- Go to appointments for any follow up that is required

4. Exercises to try

Knee Flexion and Extension

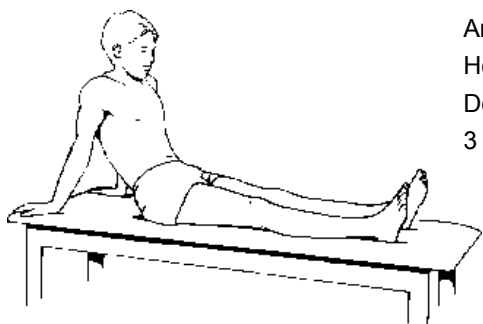


Gently bend and straighten your affected knee

Do 10 repetitions

3 x a day

Quads Strengthening



Tighten the muscles on the top of your knees by pushing back of knees down into bed.

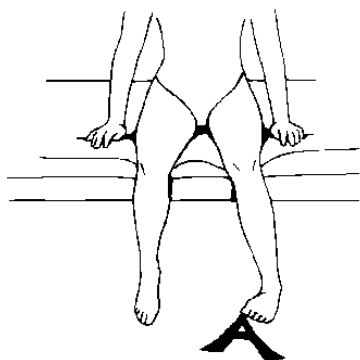
Any braces can stay on.

Hold 10 seconds.

Do 10 repetitions

3 x a day

Ankle Maintenance

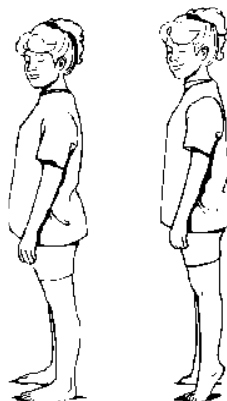


Using ankle and foot only, trace the letters of the alphabet.

Perform A to Z.

Do this at least 3 times a day.

Weight Bearing Exercises



Attempt these as pain permits, about a week after your injury

Rise up and down on balls of feet.

Do 10 repetitions

3 x a day

5. Follow up treatment

- If you have private health insurance or the injury is WorkCover, please follow up on your management with a private Physiotherapist.
- If you have a private Physiotherapist you already know, please provide them with the referral letter from the Emergency Department.
- If you have no private health insurance, it is not a WorkCover injury and you live in the Orange area you may get followed up at the Orange Base Hospital Physiotherapy Department. *(There may be a waiting list)*

Orange Health Service
Physiotherapy Department
6369 3300